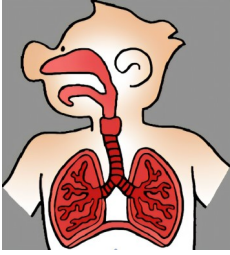


Super Seven Ways To Overcome Worries



Take a deep breathe and focus on all the things you are good at or talented at, even if they seem small.

Take some time to relax—find a comfy chair to curl up in and do something restful, like read a book, or watch some television.



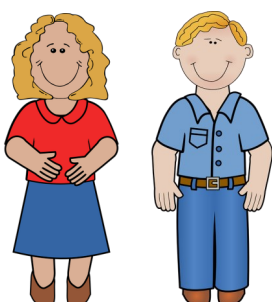
Do something active. This can make us feel more energetic and stronger, which can help.

Connect with others—talking to friends and family can help, especially if you have a worry going around in your head.



Keep busy! Doing something that keeps your mind busy will help to distract you from your worry. Some people like to sing or dance, do jigsaws, cook or read. What do you like doing?

Ask some questions. Sometimes we worry about things when we don't really need to because we haven't fully understood what is going on. If you are not sure about something, ask a trusted grown-up. They may not know the answer but it will help to get the worry out of your head.



Talk to a trusted adult. It could be someone at home or at school, but one thing is certain—a problem shared is a problem halved.