



Time away from Worry

Getting it out

It is a good idea to express
the things which are worrying us

Once we have expressed ourselves it can be good to find
a way to get comfort

And then put the worry away for a while

Try different ways of **expressing** your worries

Afterwards try different ways to feel **comfort**

Think of somethings you would like to do which you **enjoy**

Ideas for **expressing** worries:

Make a Worry doll – tell the worry doll all your worries and the doll will hold them for you so you can go to sleep or have a play

Write you worries out and finish with a sentence to close it off
(eg that's it for tonight, it's going to be ok)

Talk to someone and/or have a cry

Draw or create something which expresses your worries

Ideas for **comfort**:

Cuddles, time with pet, warm or cool drink, massage, bath

Ideas for **enjoyable activity**:

Listen to music, read, walk, play a game, build, run