



Time away from Worry

Thought passing

When we have expressed our worries but they keep hanging around, it is good to practice relaxing while you let the worries come then pass by

Think of something which you like to look at which comes and then goes by, for example a fish down a stream. The idea is that you can see it coming, it is there, but then it goes away (the fish swims off down the stream)

Imagine each of your worries as this thing (for example each of your worries is a different fish, some may be bigger and slower, others small and fast)

Now imagine watching these worries (fish) coming then passing by till you can no longer see them.

Do a drawing or find an image of the visual you have chosen

Ideas for visuals:

Fish down a stream

Fish passing as you snorkel

Leaves down a stream or blowing across the sky

Clouds or birds across the sky

Waves crashing

Cars passing by

Worries as coconuts you leave on an island then row away watching the island getting smaller till it is gone