



CREATE A WORRY JAR

When we feel worried, it can sometimes feel like it is all we can think about. We might lose interest in the things we normally enjoy, we might not even want to talk to anyone.

An activity that may help to manage your worries, is to create a worry jar.

For this activity, you will need a jar (a clean jam or pasta sauce jar if you have one at home) or something similar!

Think of your worry jar as a place where you can let your worries go. By writing your worried thoughts down, you are no longer having to think about them or deal with them alone.

Once they are trapped safely in the jar, you can set them aside.

It may be helpful to use your worry jar to talk to a trusted adult about how you are feeling, as this will help them to know what your worries are, and they can support you to manage them and to feel better.





YOUR MIND MATTERS

CREATE A WORRY JAR

Remember: worried thoughts are just thoughts. They are not facts!

You can try using your inner voice to tell your worries “no” or “that’s not true”. Challenging our worries and not believing them can help them to go away!

