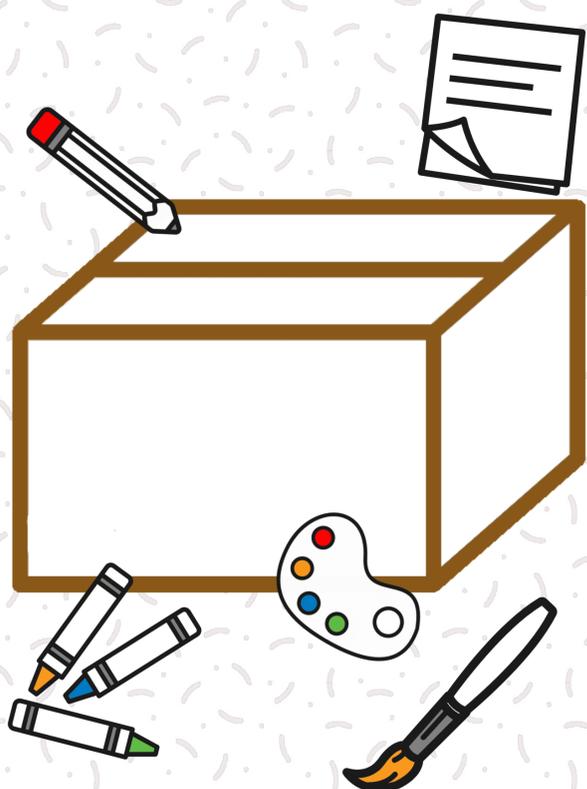


# Worry Box

## Things you will need:

- Any size box, ideally no bigger than a shoebox.  
 (You could try to recycle something from around the house)
- Coloured pens, pencils or paint.
- Spare wrapping paper, coloured paper or old magazines.
- A writing pen or pencil.
- Some paper - small notepad or post-it notes work well.



## How to make a worry box:

- You can decorate your worry box however you want!
- Include things that make it special for you, drawing or sticking on pictures of your favourite things is a good way to do this.
- Find somewhere in the house to keep the Worry Box so that it is safe and you can access it at any time.
- Keep paper inside the Worry Box with a pen, so that it's ready to use at any time.

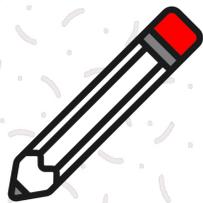
# Worry Box

People can find it hard to cope with worries, anxiety and stress on their own. They sometimes need help to make sense of their big feelings. The Worry Box helps you put your worries in a special place so you don't have to think about them all at once or all the time. It can help you to sleep at night and help you to concentrate better in the day.

## Explaining the Worry Box:

Think of the Worry Box as a special box where you can keep your worries. No worry is too big or too small to go in the worry box, you can choose what goes in and when they come out. There is no time limit for worries in the Worry Box..

If you use a Worry Box, you will have a chance to think about what's worrying you and to put those worried feelings away until you are ready to think about them more. You can sometimes feel better when another person takes your worries away from you for a while. Making a Worry Box will give you a chance at feeling in control of your thoughts and feelings, and may help you to talk about them.



## Using the Worry Box:

- Try and find time when you can think about your worries and possibly talk to someone else about them.
- Once you've talked about a worry write it down and place it in the box.
- Place each worry in the box before you write the next one down.
- Remind yourself that once your worry is in the box it can stay in there for as long as you want.
- Once you have finished putting your worries in the box you can take it back to its safe place, knowing that all of your worries are contained and you don't have to think about them now they are in the box.

Whenever you feel ready you can take a worry out of the box and talk about it some more. If it stops being a worry, then you can take it out of the box and throw it away. This reinforces the feeling of it ending and that you can take control of your worries.