

CAPTAIN WORRY

**5 WAYS YOU CAN BE YOUR OWN CAPTAIN WORRY AND
MANAGE YOUR WORRIES AND ANXIETIES**

**WHEN YOU FEEL YOURSELF GETTING WORRIED ABOUT
SOMETHING, STOP AND COUNT TO 5. THIS GIVES YOU TIME
TO THINK ABOUT WHY YOU ARE WORRIED AND HOW TO
MANAGE IT**

**MAKE A LIST OF HELPFUL THOUGHTS
(I CAN DO THIS, I WILL LEARN FROM THIS, THINGS WILL
GET BETTER)**

**BREATHE INTO YOUR BELLY AND BLOW OUT GENTLY INTO
YOUR HANDS**

MAKE A FIST AND RELAX

ASK FOR A HUG or HUG A TEDDY BEAR

