

What to do if the worry doesn't go away

It takes practise to change the way your mind works. Like it takes practise to learn your times tables or gain your pen licence.

Here's what you can do if the worries come back.



- Take 2 deep breaths in through your nose and out through your mouth.
- Now think about your body.
- Where do you feel the feeling? You can hug that bit of your body or give it a squeeze.
- Does it move?
- What does it feel like? A flutter or a fizz?
- Turn the feeling down, like you are turning down the volume on the TV, turn it down a notch, then another and another until it has gone.

When you have let the feeling go follow the 5 steps to calm below.



Toolkit Top Tip

These tools work for any feelings.

If you find yourself getting angry or upset, try them then too 😊

