

UNWORRY ACTIVITIES

It can be really helpful to think about your worries as a character, completely separate from yourself. Psychologists call this unworry technique **EXTERNALISING**.

Use the space below to design a 'what if' creature. Whenever a worry pops into your head, just imagine the creature and tell it to go away, or turn its volume down - **DIMINISH** it, **LOSE** it, get **RID** of it...



You might find your creature looks silly, or ridiculous. That's actually really useful. It's good to remember your worries are just thoughts. You can beat them, and even laugh at them.

It can also help to create an **ANTI**-what-if creature - a wise, reasonable, logical character that can help you think of those simple solutions. Design yours here.

IT COULD BE A:

WIZARD

ANGEL

WISE OWL

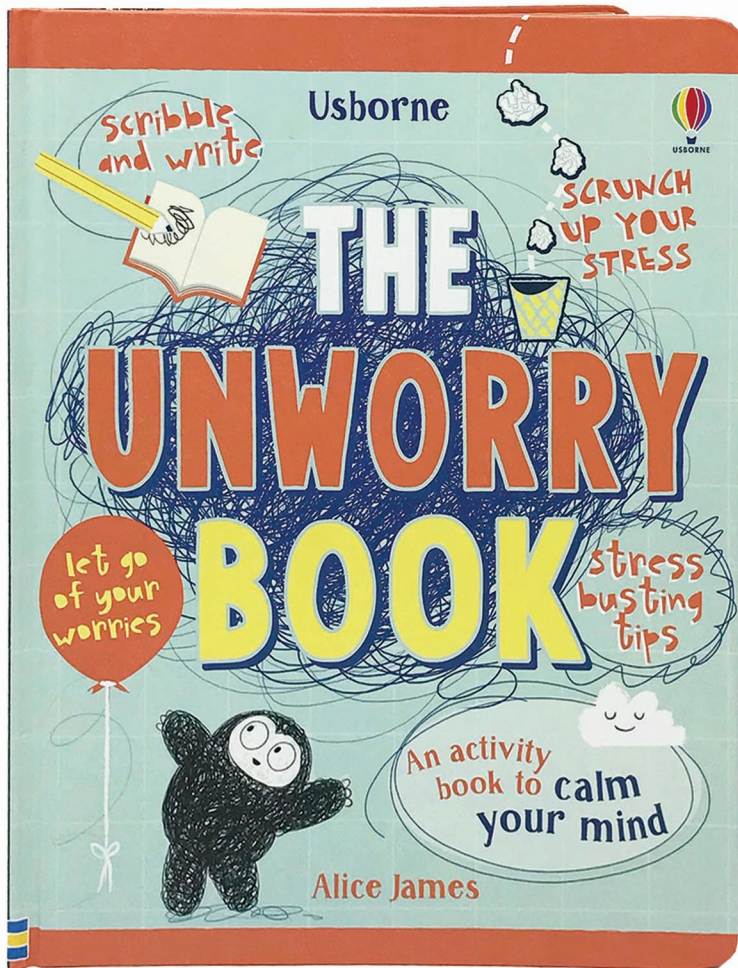


It might feel silly to draw a worry gremlin, or anti-worry wizard, but psychologists think it's really helpful to externalise worries. If you don't want to draw them, you could describe them in words instead, or just draw a blob.



THE UNWORRY BOOK

An activity book to calm your mind

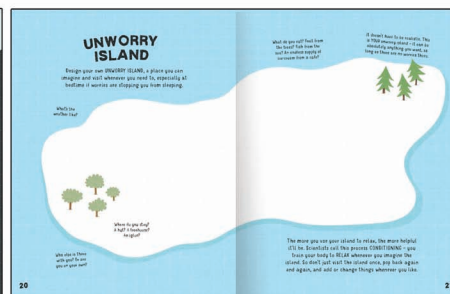


This inspiring write-in book is an unworry toolkit, full of things to calm you down and places to put your worries - and we all worry! Activities include creating a worry box, making a mood grid and mindfulness activities such as colouring, doodling and mazes. Written with the help of a psychologist, there are links to websites for tips, advice and support too.

Suitable for readers from 9 years and up, including adults

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