

# Blow Away the Worry

Have teens imagine their worry as a bubble.



1 Breathe in slowly.



2 Breathe out slowly while imagining the worry floating away.



3 Then add movement: slowly move your arms outward as you exhale.



They can give the worry a name:

“What if?”

“Nobody knows.”

“I’m going to have a seizure.”

Then replace it with:  
“I don’t know what will happen, but I know how I can prepare.”

Breathe • Let go • Be ready