



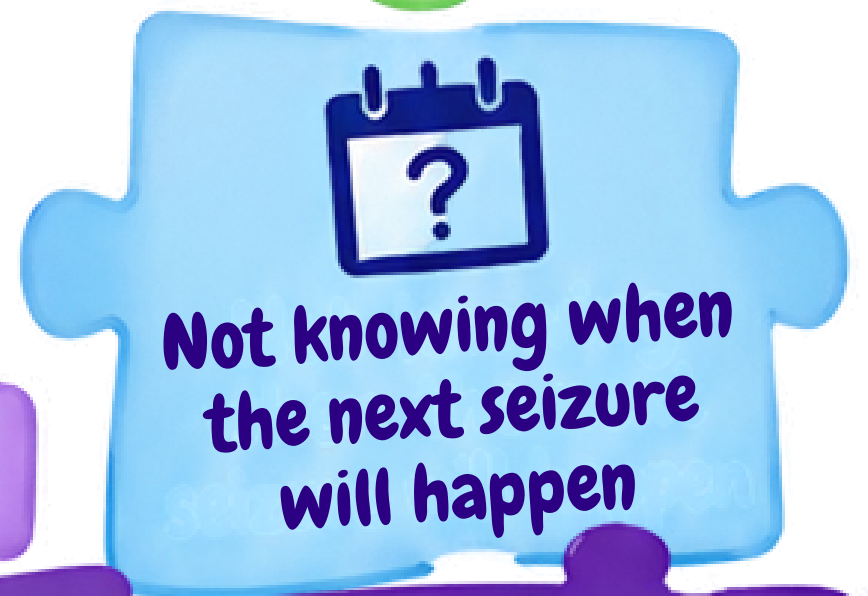
Worry Puzzle

It's okay to worry. You're not alone.



Sometimes our minds can feel like a puzzle...

Let's put the pieces together. Write down your worries, then sort them into the right category.



Things I can control

These are the things I can do, choose or change.

- _____
- _____
- _____
- _____

Small steps make a big difference!

Things I can prepare for

These are things I can plan ahead for.

- _____
- _____
- _____
- _____

Plan Build Feel safer

Things I can't control

These are things that might happen, but I can't change.

- _____
- _____
- _____
- _____

It's not my fault. I can still be okay.

Breathe. You've got this.

I don't have to solve everything today.

One step at a time.