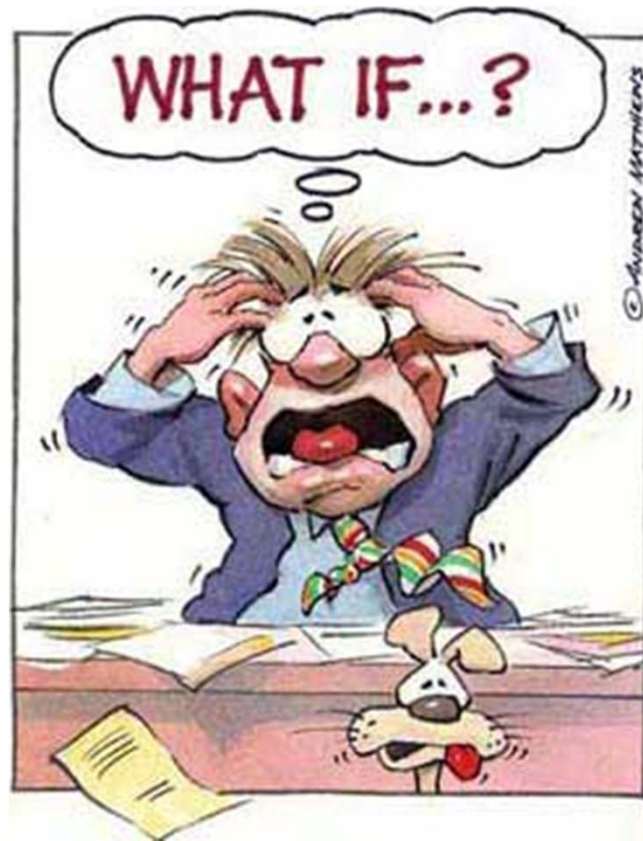


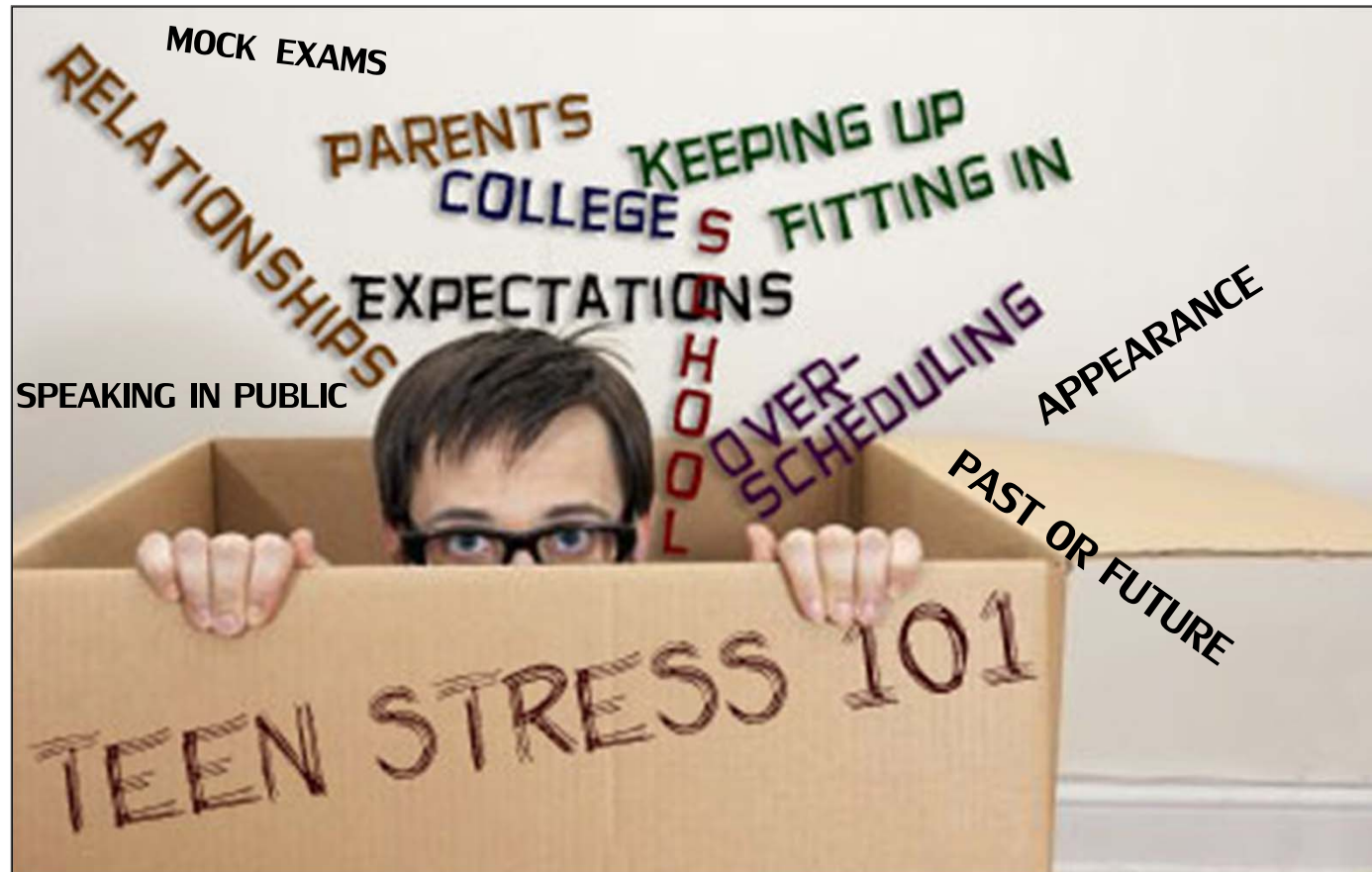
Why Worry?



Fight or Flight



What worries you?



What do you do when you get worried? Do you ...

1. Ignore it!



2. Panic!



3. Hide your feelings



4. Not a problem



*I have spent most of my
life
worrying about things
that
have never happened*

ShirleyVennart.com

Mark Twain



What to do when you get worried ...

1. Take control!

Recognise your emotions and what your body is telling you

Take control... **'Thinking Slot'**

2. Think Positive

I can handle it!

Will you still worry about this in the future?

3. Talk

Talk through your worries with someone you can trust

worrying won't stop
the bad stuff from happening
it just stops you
from enjoying the good.



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