



**For more information and support,
visit Bath Mind's website**

www.bathmind.org.uk



Bath Mind's Room 627 project has been working with local students, helping them to better understand their worries, and working on creative strategies to 'banish' worries.

You can find out more about Room 627 on the website:

www.room627.com

Bath Mind is an independent charity supporting the mental health needs of local people throughout Bath and North East Somerset.

If you'd like to get involved, fundraise or donate, please visit our website to find out how!

www.bathmind.org.uk



Let's Talk About Worry



www.bathmind.org.uk

Understanding Worry

What is worry?

Worrying is when we may be thinking about the past, or the future. It is usually about something specific and temporary - for example, starting a new school, a test or an occasion. Worrying is part of every day life. However, it can become a problem if we don't learn ways to deal with it, and if it continues for a long time.

Why am I worrying?

We may not know why we feel worried. That's OK, and it can be good to talk with someone you trust about how you are feeling.

What is the difference between worry and anxiety?

Worry is normal and usually temporary. Anxiety can be when worry becomes too much for us, and we think about the worry a lot. This may make us feel very unsettled, and even have physical symptoms such as shaking, headaches or tummy aches.

What's the point of worry?

Worry is a natural human feeling. It can remind us to use problem solving skills to help us with the thing that is worrying us. There are tools and techniques we can learn which help to combat worries so that we can feel more relaxed.

What happens when I worry too much?

Worry is usually a negative thought - it's thinking about something 'bad' which may happen, or may have happened. If we worry a lot, we may even expect the worse, which can make us feel unhappy a lot of the time and become a habit. Constant worry can reduce your energy, leaving you feeling unenthusiastic about lots of different things.

What if I am worrying all the time?

If you find that you are worrying a lot, and these tips are not helping to combat your worries, it's important to ask for help. You may want to first talk to a parent/carer, or perhaps a teacher.



Worry time!

What time have you chosen to think about your worries?

From: To:

Remember:

- Only think about your worries at this time each day (or when you need to - it doesn't have to be every day!)
- Keep it short, just 10-15 minutes.



You can find more information and support here:-

**[www.mind.org.uk/information-support/
for-children-and-young-people/](http://www.mind.org.uk/information-support/for-children-and-young-people/)**

www.bathmind.org.uk

Talking about worries!

Who could you talk to about your worries?

.....

.....

.....

.....

.....

.....

.....

Other places which can support you with your worries:

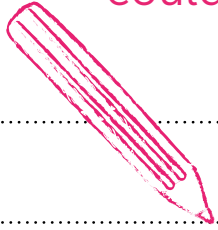
Mental health support for young people:
www.youngminds.org.uk

Childline trained counsellors to support you any time:
www.childline.org.uk

Free, confidential text messaging service for anyone struggling to cope. Text 'SHOUT' to 85258.

My worries!

Write your worries down. If you prefer, you could use a phone, pad or notebook.



A series of horizontal dotted lines for writing, starting from the top of the page and extending down to just above the footer.

How I bring attention to my body!

In what ways could you bring attention to your body?

Dancing?
'Shake it out'
Stretches

A series of horizontal dotted lines for writing, starting from the top of the page and extending down to just above the footer.

Fun things!

What fun things could you do?

Art and craft?
Sport?
Meeting friends?

.....

.....

.....

.....

.....

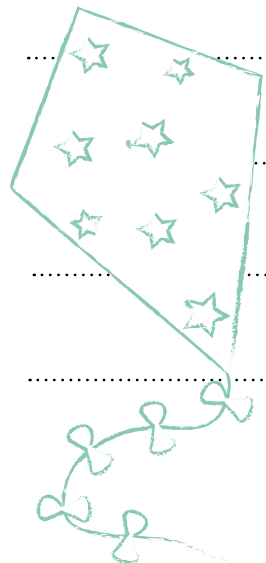
.....

.....

.....

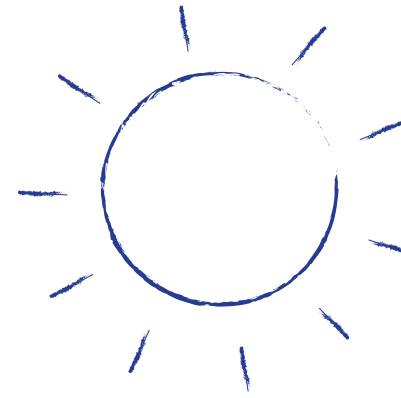
.....

.....



Things I am thankful for!

What are you thankful for?



A sunny day?
Your family?
Your pet?

.....

.....

.....

.....

.....

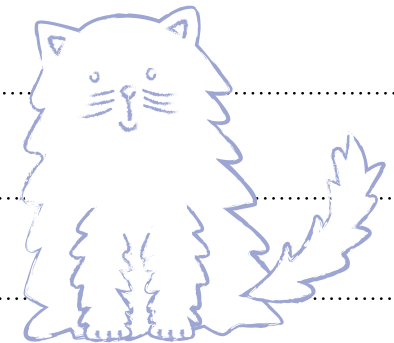
.....

.....

.....

.....

.....



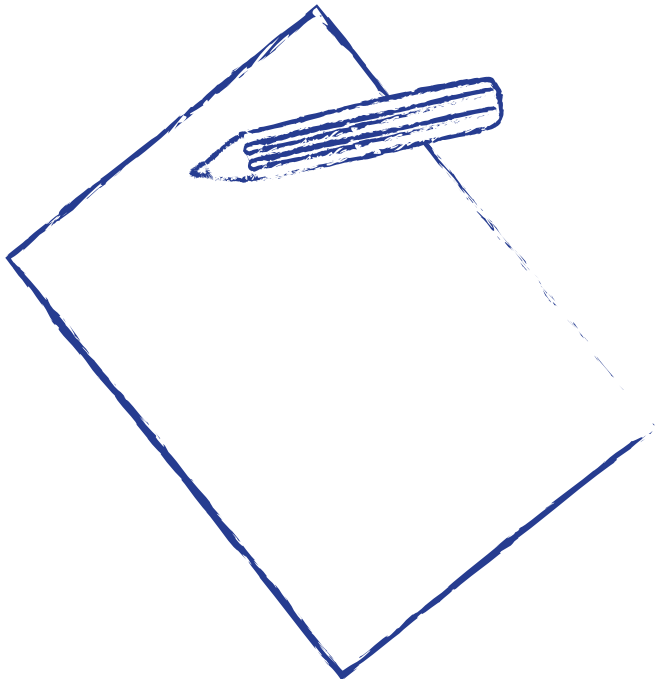
Make a worry jar!

Write your worries on pieces of paper and put them into a worry jar.

You can look at the worries in your jar during your 'worry time'.

You could show a parent, carer or teacher the worries in your jar, and talk about them.

If you're no longer worrying about something, tear up the worry, say 'goodbye' to the worry!



Notes

Doodles

A series of horizontal dotted lines for writing notes.