

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

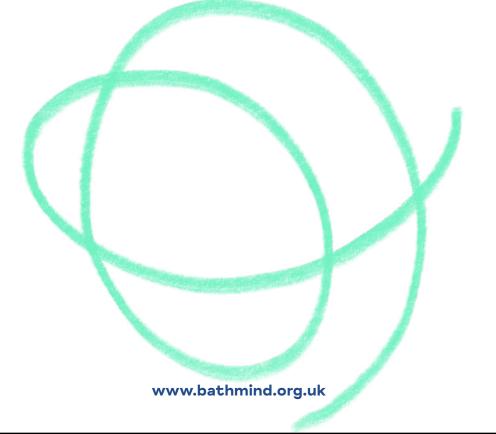
Bath Mind is an independent charity supporting the mental health needs of local people throughout Bath and North East Somerset.

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

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Let's Talk About Worry



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.



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How can I combat my worries?

There is lots you can do to help! If you feel yourself beginning to worry, you can try different things to see what works best for you - everyone is different!

Connect - talk to someone

Saying things out loud can help solve or break down your worries and find potential solutions. Worries can be heavy to carry, talking with someone you trust can make worries feel much less heavy.

Create one 'worry time' in the day

This can be difficult, but try to choose one time and place in the day and train your mind so that you only worry at this specific time. For example, this could be for 15 minutes at lunchtime. Try not to think about your worries before bedtime.

Write down your worries

Writing down your worries - in a journal or on a phone or pad, can help you to see them more clearly. You may want to put them in order with your biggest worries first, which can help you see which worries are troubling you the most.

Bring your attention to your body

Worries are in our mind, and our minds can't focus on our worries if we focus on something else. Changing your focus to your body can help - you could do some simple stretches, dance, or shake your hands and arms to 'shake out' your worries.

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Do something fun!

What do you enjoy? Perhaps cooking, art, creative crafts, sport or gardening? What makes you smile? Play and fun with friends? Spending time doing things which you find fun can help reduce the time you may spend worrying.

Be thankful

Think about things that you have to be thankful for, however small they mayseem. A sunny day, or even puddles to splash in. Friends, family and pets. When we think about things we are grateful for, our worries become smaller.

What ideas do you have to help combat your worries?

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/

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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.

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Talking about worries!

Who could you talk to about your worries?

My worries!

My worries [≬]	How I bring attention to my body!
Write your worries down. If you prefer, you could use a phone, pad or notebook.	In what ways could you bring attention to your body?
	Dancing? 'Shake it out' Stretches

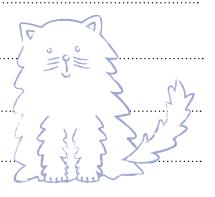
Fun things!

What fun things could you do?

Art and craft? Sport? Meeting friends? Things I am thankful for!



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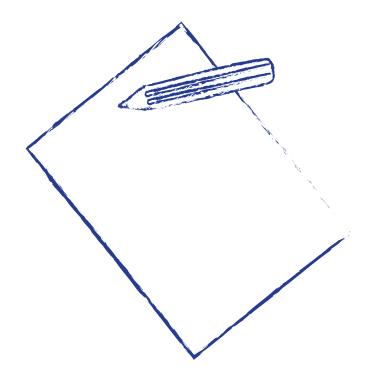
Make a worry jar^ℓ

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!





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Notes

Doodles