

# My Wellbeing Tip!

*By Agnes, Christ Church NW3*

Worrying thoughts stop many people from having a nice time with their friends and family. Visualising a happy memory or relaxing with the people you love can smooth out and blow away worrying thoughts that get in the way of having a nice time. Remember there are always people who love you and will always have time to help you. Just take it one thing at a time. Here are some more ideas to help you overcome your worries:



- Write your worry on a piece of paper and put it away in a box
- Tell your worry to someone (saying it out loud will help)
- Say it to a cloud or into a bubble and blow it away.
- Take some time to be around nature
- Do something you love (a hobby perhaps)
- Place yourself in a peaceful place and feel all your senses around (or use your imagination if you can't go to your peaceful place)