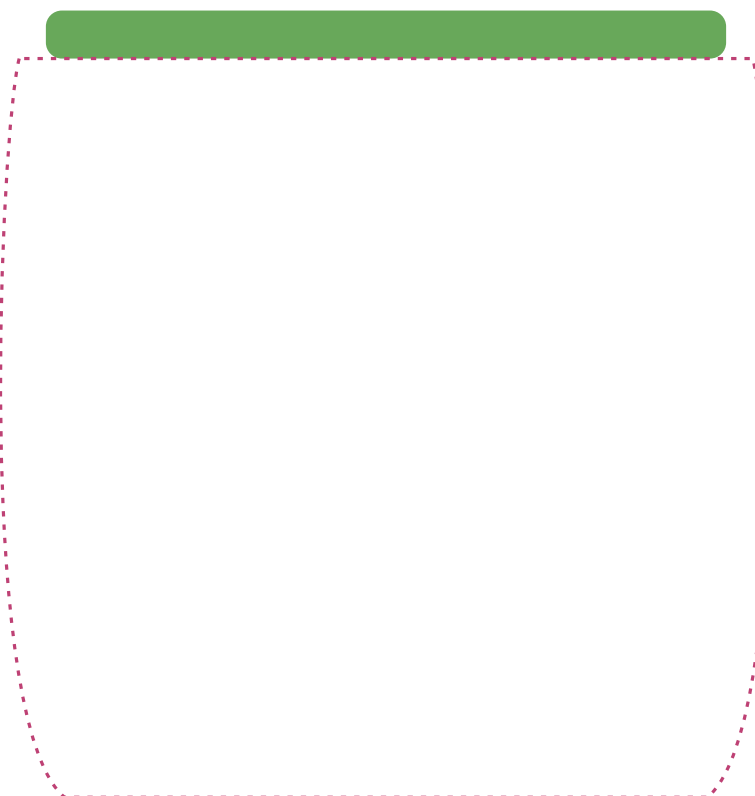


The Worry Container

When worries keep circling, it can feel as though they need your attention all at once. This activity gives them somewhere temporary to go — not to ignore them, but to help you decide what needs attention now and what can be put down for a while.

Fill your container

Write • draw • scribble • use symbols • add as much or as little as you need



Look at what you've put inside.

Add one of the symbols below beside a worry if it helps you decide what kind of response it needs.

★ I can act on this

■ I can revisit this later

— This is outside my control

One worry I can take a small step towards:

What would help me leave the rest here for now?

Putting a worry down for now isn't the same as pretending it isn't there.
You can return to what matters when you have more space to meet it.