



Shrink the Storm



Ship Mate

Here are the questions we use to try and shrink our worries.

If your worry is real - for example, if you are being bullied, always tell a trusted adult. Don't try and deal with this on your own.

When you are experiencing a big worry, ask yourself these questions honestly and help yourself shrink your worries.

Is this a fact or a guess?

Has this actually happened yet?

Has this happened before? If so, how did you deal with it?

What is one thing you can do about it right now?

Is it in your control or not? If it is, what can you change? If it is not - who can help you?

Do you know someone that this happened to? How did they handle it?

Can you ask someone to help you with this worry?

Can you think of something positive about this situation?



Great way to way to think about your worries.