

Bag of worries

We all worry from time to time and some of us worry more than others. Daily stressors can build up and get on top of us.

Today's activity is a simple one to help us let go of our worries or whatever is bothering us.

Over the page is the outline of an empty bag. Fill up the bag by writing, drawing or sticking in things that represent your worries. If you've got a lot on your mind and you fill up the bag, you can use the whole page.

Once you are done, rip out the page and scrunch up your bag of worries. You can even rip it into pieces if that helps! Once you've scrunched or ripped it, throw it in the bin.

And just like that, you've let go of your worries.

Your worries may come back but hopefully this exercise has shown you that you do have some control over your worries and they don't have to control you.

