

Worry Coping Skills

Talk About It



Find someone you trust—like a parent, teacher, or friend—and talk about whatever is making you nervous. Sometimes, just talking helps.

Take a Deep Breath



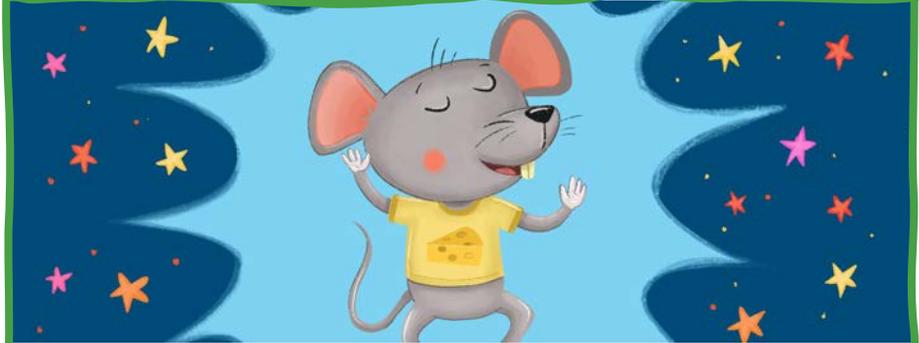
Take a deep breath and fill your body with air. Then, slowly blow out the air and imagine your worries leaving with your breath. Do this five times.

Do Something Fun



Take your mind off your worries by doing something you love. This could be playing outside, painting a picture, playing a game, or anything else you like to do.

Trust That You'll Be Okay



It's normal to feel nervous sometimes. Remember that this feeling can't hurt you. After a while, you'll start to feel better.