

How am I feeling today?

Complete this document with a trusted staff member who knows you well

Date.....

I am unsettled or a bit worried today because:

.....

.....

How big is the worry? (1 is tiny, 5 is huge)

1	2	3	4	5

Who can I tell this worry to?

.....

.....

Strategies to make the worry smaller:

These are some things that have helped people when they worry.

Tick the ones that might help you:

- Thinking about what is really true instead of what might happen
- Replacing the worry with a positive thought
- Drawing what the worry might look like or drawing something that helps you to reduce your worry
- Writing the worry on a bit of paper and throwing it into a bin
- Talking to someone in school about how you are feeling

- Making a list of your interests and your skills, this will remind you of all the things you are really good at!
- Making a list of other strategies that might help you with your worry:
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Remember that it's ok to feel unsettled or worried about something, this is normal and is a response to a situation or something that has happened to you.

It is important to talk to someone about these feelings, this will help you to solve the problem.

Your feelings will change all the time but this is normal too!

Now that you have completed this sheet, how big does the worry seem now? (1 is tiny, 5 is huge)

1	2	3	4	5