

# Worry Jar

You may be worrying about a lot of things right now. Health, school, friends, family and more. A Worry Jar is a place for you to put your worries so you don't have to think about them all the time. You can write or draw on the picture below. Choose 10-15 minutes a day (but not right before bed) for 'Worry Time'. Read all your worries or focus on one or two. Have a timer to show that Worry Time is over.

