

THE WORRY WORKBOOK

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WHAT IS WORRY?

Worries are thoughts or feelings that pop up when something feels uncertain, challenging, or out of our control. They're part of how our brain tries to keep us safe by preparing us for challenges or danger.

But sometimes, our brain treats small problems like big ones, and that can make us feel overwhelmed even when we're okay.

Mark your worry on a scale of 1 - 10

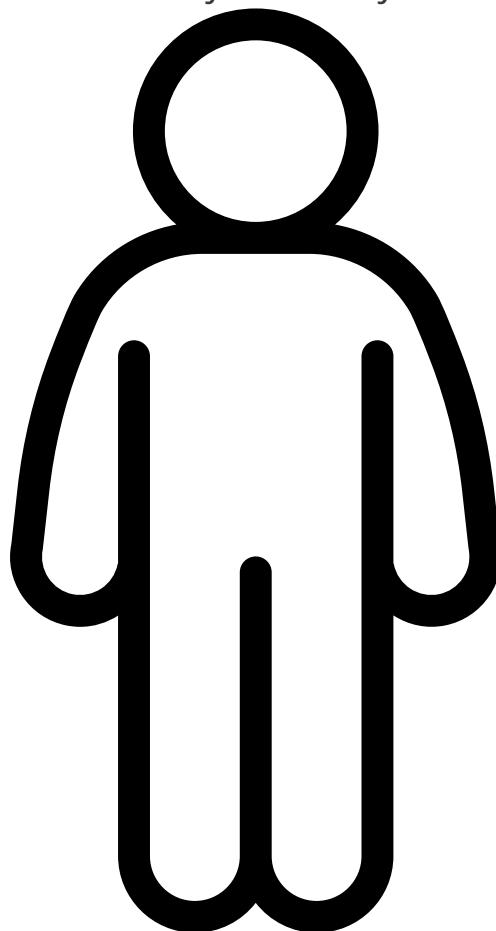
1 = Chill as a cat laying in the sun 🐱

5 = Butterflies in your tummy 🦋

10 = Panic mode 🚨



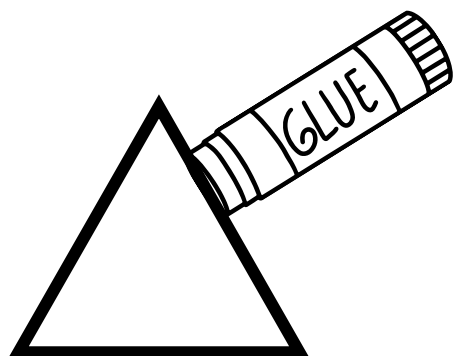
Worry isn't just in our head, it can also show up in our bodies.
Mark on the outline where you feel your worry in your body.



In the box below, are the steps to make your very own worry box. You can put all your worries in this box throughout the day.

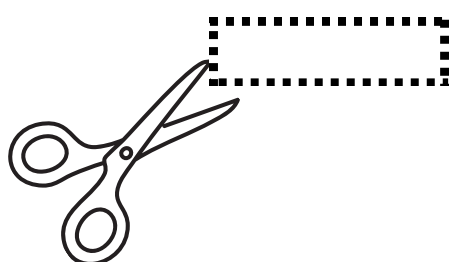
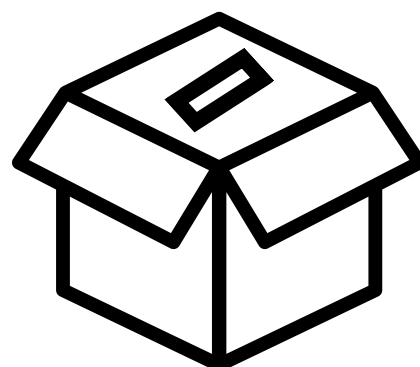
Steps to fold Origami Masu Box:

1. Scan the QR code to the right and follow the instructions



2. Once both lid and box are made, use a glue stick and glue the loose triangles on the inside to the side of the box

3. Then, use a pencil and make a hole into the lid of the box

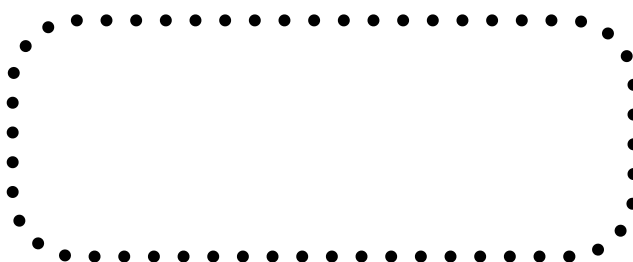
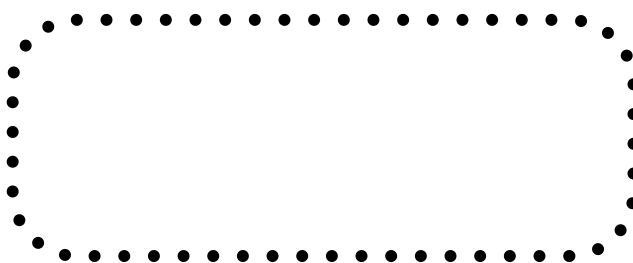
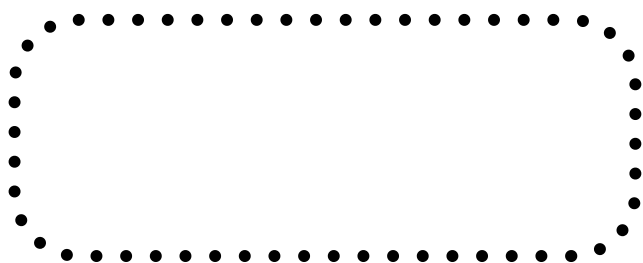
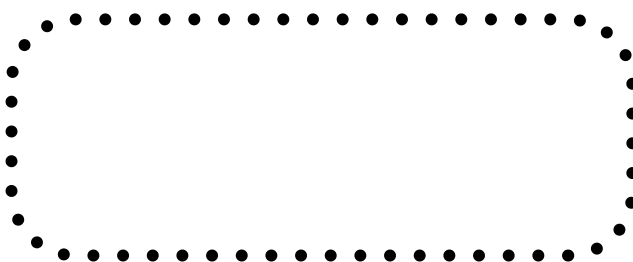


4. Then use a pair of scissors to make a rectangle shaped slit in the hole

WORRY BOX

Now, in the box below are small strips that you can cut out to write your worries out on and place them into the box you made!

Cut around the dotted lines with a pair of scissors and save them for later to write your worries on!



WORRY MONSTER

Down below in the box, draw a monster that you can 'feed' your worries to and talk to about them. They can be big worries or little worries!

THOUGHT DETECTIVE

Think about one of your worries and use the questions below to challenge some of your thoughts and unpick your worry.

Is this a fact or a feeling?	
What would I say to a friend who had this worry?	
What's the worst that could realistically happen? How would I cope?	
Have I handled something like this before?	
Am I confusing a possibility with a certainty?	
Who can I talk to about this?	
What small step can I take to feel more in control?	
What's the best, worst, and most likely outcome?	
Will this matter in a week? A month? A year?	

Phase

[illegible]

My worry time: _____ My mood boosting activity: _____

DRAW 3 THINGS YOU ARE GRATEFUL FOR TODAY



MY CALM KIT

Draw/write items in this box that help you to feel calm and relaxed.
eg. a smooth stone, a cuddly toy, pencils & paper, PlayDoh, fidget toy, a
fave photo and so on.

Check out this website for
some ideas and inspiration!

