

Become a Worry Warrior

WORRY
WARRIOR

Deep Breaths

WHAT IS
WORRY?

Draw A Worry Monster

HOW WORRY
AFFECTS MY
BODY

Relax Our Muscles

CAN I
CONTROL
WORRIES?

Evaluate the Worries
Short Term Goals

WHEN I FEEL
OUT OF
CONTROL

Grounding

CREATE!

Create a Worry Jar. Write down your worries. Place it in the jar. When you are ready, take the worry out and scribble it out to remind yourself that God has you and your worries covered.

Click on the white bubbles to watch the videos!