

Become a Worry Warrior

HOW DOES WORRY AFFECT ME?

Paying Attention to Your Thoughts

ARE MY WORRIES LEGIT?

Check Out Our Thoughts

HOW CAN I CHANGE MY WORRIES?

Build Positive Thought Patterns

CAN I CONTROL MY WORRIES?

Flip the Script: Positive Self Talk

REACH OUT FOR SUPPORT

Have a Team

CREATE!

Create a "Reminder Stone" with clay. Make a thumb print in the clay, then have an adult help you bake the clay to set it. You can carry your worry stone to remind you of God's strength and your worry warrior skills to train your thoughts!



Click on the white bubbles to watch the videos!