

# A to Z Worry Free

|                                                                                              |                                                                                          |                                                                                                                      |                                                                                        |
|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <p><b>A</b></p> <p>Acknowledge how you are feeling</p>                                       | <p><b>B</b></p> <p>Breathe- 5 seconds in, 5 seconds hold, 5 second out</p>               | <p><b>C</b></p> <p>Create- Draw, dance, play music, or build something</p>                                           | <p><b>D</b></p> <p>Dream- Think of some things that make you feel happy</p>            |
| <p><b>E</b></p> <p>Exercise- Take some time to go for walk, swim or play outside</p>         | <p><b>F</b></p> <p>Friends- Find some Friends to spend time with or talk to</p>          | <p><b>G</b></p> <p>Gratitude-Think of things that you are grateful for</p>                                           | <p><b>H</b></p> <p>Hug someone that you love. Hold the hug for 10 seconds or more.</p> |
| <p><b>I</b></p> <p>Identify- Make a list of the top 3 things that you feel worried about</p> | <p><b>J</b></p> <p>Join some groups or teams that interest you (sports, clubs, etc.)</p> | <p><b>K</b></p> <p>Kindness- Do something nice for someone else</p>                                                  | <p><b>L</b></p> <p>Listen to music that makes you feel calm or happy</p>               |
| <p><b>M</b></p> <p>Meditate- take 10-15 minutes in a quiet space to reflect</p>              | <p><b>N</b></p> <p>Nature- Spend time with nature to help calm your worries</p>          | <p><b>O</b></p> <p>O.K.- It is OK to feel worried sometimes... have your moment and move forward</p>                 | <p><b>P</b></p> <p>Patience- Have patience with yourself... you are AMAZING!</p>       |
| <p><b>Q</b></p> <p>Quote- Find some words that inspire you when you are feeling down</p>     | <p><b>R</b></p> <p>Relax- Take a day to do nothing.</p>                                  | <p><b>S</b></p> <p>Smile - When you smile it sends happy messages to your brain</p>                                  | <p><b>T</b></p> <p>Treat yourself to some of your favorite foods</p>                   |
| <p><b>U</b></p> <p>Unique- You are special and important- believe that!</p>                  | <p><b>V</b></p> <p>Value the positive things in your life</p>                            | <p><b>W</b></p> <p>Write down your feelings</p>                                                                      | <p><b>X</b></p> <p>XO- Love yourself</p>                                               |
| <p><b>Y</b></p> <p>Yay! Celebrate your successes with others you care about "</p>            | <p><b>Z</b></p> <p>Zest- Enjoy this life journey you are on</p>                          | <p>You are braver than you believe, stronger than you seem, and smarter than you think."<br/>- Christopher Robin</p> |                                                                                        |

