

Don't Worry About It!

#WellbeingWednesday

Is there something
which is worrying you?

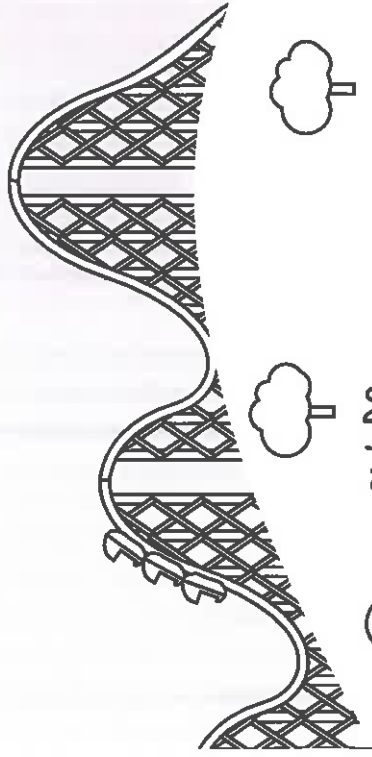
Letting others know
can help with your
worries - write a worry
and pop it in the
worry box.



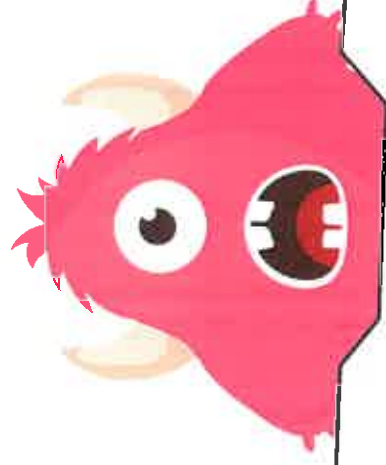
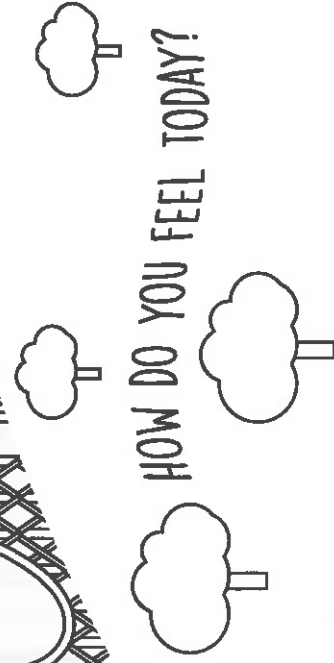
Spring Week 2

RIDE YOUR ROLLERCOASTER

#WellbeingWednesday

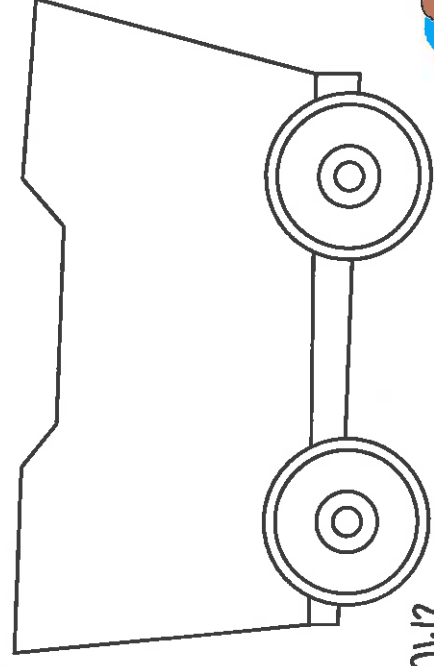
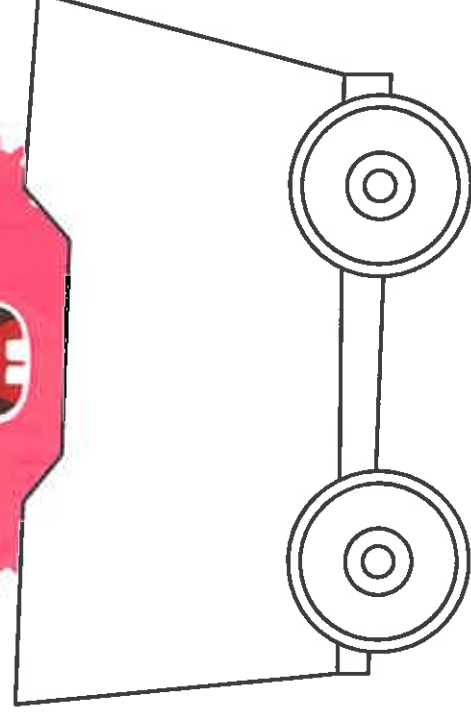
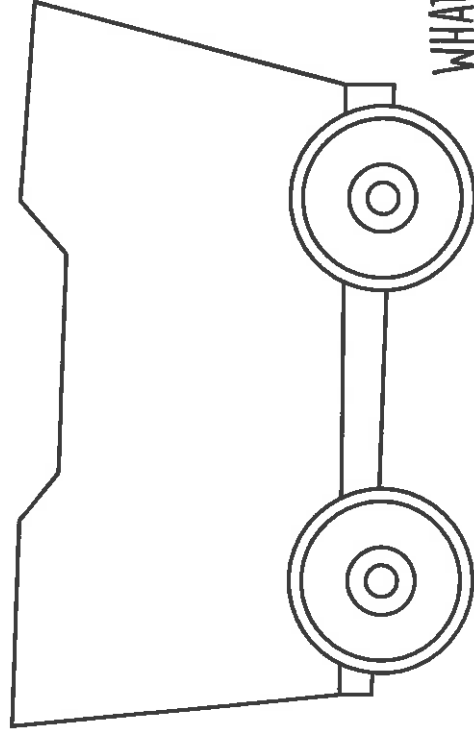


HOW DO YOU FEEL TODAY?



WHAT HAPPENS WHEN YOU START
TO FEEL ANXIOUS?

HOW DO YOU FEEL AFTER
BEING ANXIOUS?



WHAT HAPPENS AS YOUR ANXIOUS FEELINGS GROW?

