

# Worry Box



We can often feel overwhelmed by the amount of things we have to do and all the thoughts and feelings that come with this. All these things take up space in our head and can make it very hard to concentrate or make us feel anxious or panicked. Writing these feelings and worries down can help us unload and clear our minds.

## What you'll need:

- Any kind of box or container. Try an old shoebox, Tupperware or tissue box
- Things to decorate the box: wrapping paper, pens, paint, glue, glitter etc.
- Paper
- A pen or pencil
- If decorating sellotape or glue and scissors. .

**1** Pick your container, make sure it has a lid, or can be tied shut. Next take some time to decorate it however you want.

**2** Find somewhere safe to place your box. If you want you can even give it to a trusted person so that they can hold onto your worries for you.

**3** When you feel worried write down the thought and place it in the box. No worry is too big or too small.

**4** Remind yourself that it is okay to let your worry go for now. You can acknowledge the worry, however, thinking about it constantly is not helpful and placing it in the box may help you think clearer, concentrate better and sleep easier. Some people might find having a fixed time for placing worries in the box helps and others might prefer to do it as and when they arise.

**5** Whilst there is no time limit on how long worries can stay in the box, when you feel ready you may want to take out the worries. Some people like to read back through them, you may note reading back with a clearer mind that the worry was irrational or no longer troubles you as much. Now you have had some space from it you may be ready to talk about it. Some people find it helpful to tear up the paper or throw it in the bin as a sign of moving on from it.