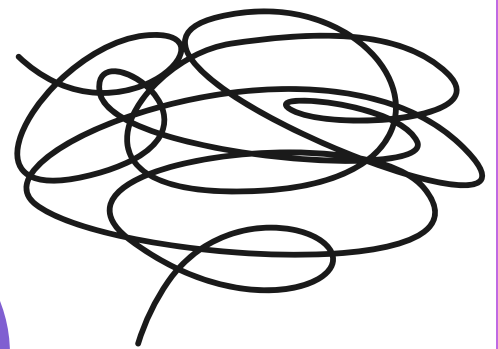


MY WORRY JAR

Sometimes worries feel heavy , but you don't have to think about them all day. Writing them down helps you let them go for a while. Use this jar to hold your worries until it is time to think about them. The lid keeps them safe inside until then.



WORRY TIME

Choose a time each day to open your Worry Jar. Spend 5-15 minutes thinking about your worries, then close the jar and let them rest.



See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



3 www.feelingshelpbox.com



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