

THE WORRY TORNADO

Sometimes worries feel like a tornado—spinning around in our minds, making everything seem bigger and scarier. But just like a real tornado, worries feel stronger when they keep spinning. When we take control and find calm, the storm inside us settles.

Step 1: Spot the Tornado

What's the biggest worry spinning in your mind right now? Write it inside the tornado on the right.



My Biggest Worry

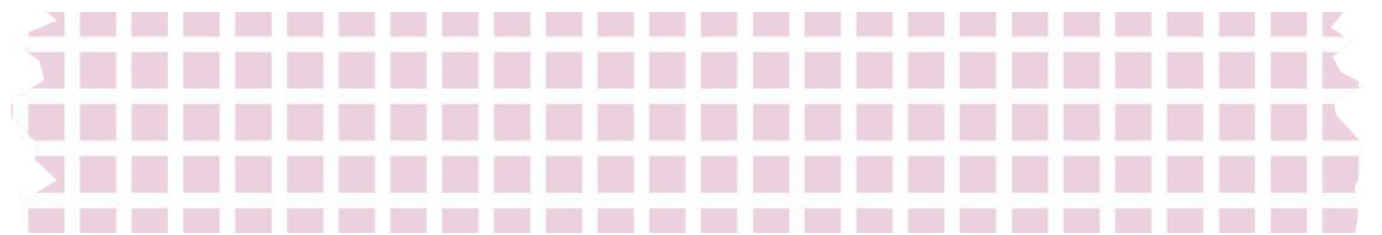
Step 2: Break the Spin

Tornados keep spinning when they have strong winds. Worries keep spinning when we don't challenge them. Let's slow them down!

What's the worst thing that could happen?



What's the best thing that could happen?



What's most likely to happen?



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Step 3: Calm the Storm

Now let's take control! What can you do right now to feel calmer?

One small action I can take:



A light blue rectangular area with a diagonal line pattern, designed for writing a small action to take.

One helpful thought I can tell myself:

A yellow rectangular area with a horizontal line pattern, designed for writing a helpful thought.

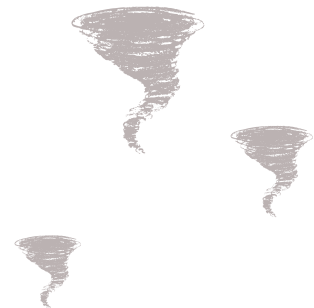
One thing that makes me feel safe or happy:

An orange rectangular area with a pattern of small white flowers, designed for writing something that makes one feel safe or happy.



Remember

You are stronger than your worries. The more you challenge them, the **smaller** your worry tornado becomes!



See Our Websites for More **Free** Resources

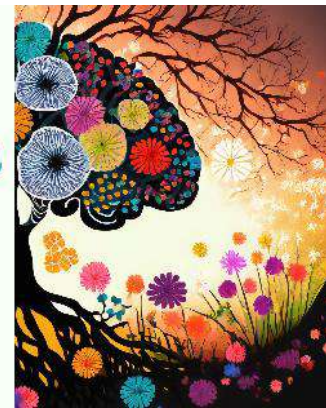
1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



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3 www.feelingshelpbox.com



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