

What to do with worries



What is the worry?



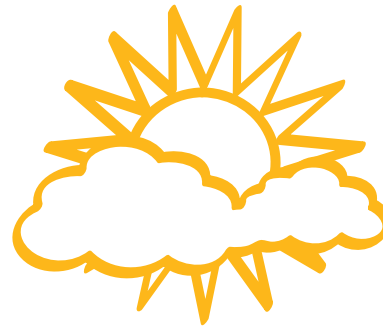
Can you do anything about it?

No **Yes**

Talk to an adult you trust. Don't be alone with your worries.



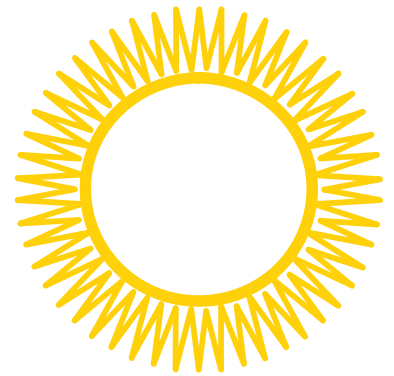
What can you do?



Is there anything you can do right now?

Yes **No**

What is it?



Make a plan for later.
Step 1:
