

Use the Worry Jar with 'Catch It, Check It, change, It'

Worry Jar

Sometimes negative thoughts and worries pop into our heads and make it hard to get on with our day or think about anything else.

Talking to other people about our worries can be useful, but sometimes this can make us feel better for a short time and then they pop back into our heads again.

A worry jar is somewhere we can keep our worries safe so we don't have to keep thinking about them. You can set a specific time where you will go through your worry jar and talk about them.

Try it yourself!

1. Find an empty jar - this will be your 'Worry Jar'. You can decorate it if you like!
2. When you have a worrying thought, write it on a post-it note or piece of paper and put it in the jar for later.
3. Choose a specific time of day to open the jar and talk about your worries. For example, 4pm-4.15pm.
4. Rip up and throw away the notes about things you are no longer worried about.

