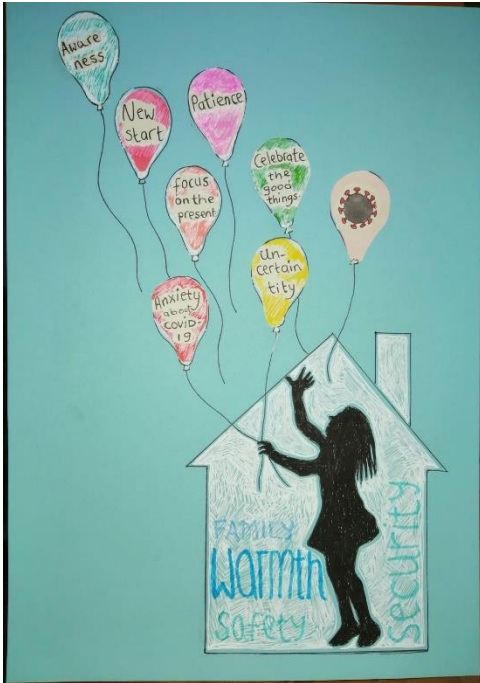


## Worries



As we start to ease out of Lockdown, it can bring mixed feelings including anxiety and worry. Why not express yourself creatively, putting your thoughts and feelings onto paper.

Draw a house shape and inside fill it with all that you are grateful for and things that make you feel safe and happy.

Next, draw yourself holding some balloons and write your worries and fears in them.

Now close your eyes and visualise the picture that you have drawn and slowly let go of the balloons one at a time and watch your worries disappear out of sight. Take a few breaths, open your eyes, and feel yourself feeling more positive and 'lighter' after seeing your worries float away.