Worry Coping Skills



Talk About It

Find someone you trust—like a parent, teacher, or friend—and talk about whatever is making you nervous. Sometimes, just talking helps.



Take a Deep Breath

Take a deep breath and fill your body with air. Then, slowly blow out the air and imagine your worries leaving with your breath. Do this five times.



Do Something Fun

Take your mind off your worries by doing something you love. This could be playing outside, painting a picture, playing a game, or anything else you like to do.



Trust That You’ll Be Okay

It’s normal to feel nervous sometimes. Remember that this feeling can’t hurt you. After a while, you’ll start to feel better.