



**ANXIETY IS LIKE A
SUPERPOWER. IT HELPS
US STAY FOCUSED
AND LOOK OUT FOR
DANGER BUT CAN
SOMETIMES CAUSE US
PROBLEMS WHEN WE
WORRY TOO MUCH**

**YOU HAVE TO LEARN
HOW TO HARNESS YOUR
SUPERPOWER AND HERE
ARE SOME TIPS BELOW
THAT MAY HELP**

- **CONTAIN YOUR WORRIES IN A BOX UNTIL A QUIET TIME OF DAY WHEN YOU CAN OPEN THE BOX**
- **WORK THROUGH EACH WORRY (AKA SUPERPOWER)**
- **'CAN I DO ANYTHING ABOUT THAT WORRY?'**
 - **IF YES: HATCH A PLAN**
 - **IF NO: LET IT GO**
- **TIMETABLE 'DOWN-TIME' EVERY DAY – CRITICAL TO RE-CHARGE YOUR SUPERPOWERS**
- **TIMETABLE REGULAR TIME OUTDOORS – IMPORTANT FOR STAYING MENTALLY AND PHYSICALLY FIT**
- **BE KIND TO YOURSELF**

**DON'T
FORGET YOU
ARE ALWAYS
A SUPERHERO**