

ERMiN Worry Box



It can be difficult to cope with worries, anxiety and stress on your own. Sometimes you might need a little help to make sense of a situation or need a place to park your thoughts if you are overwhelmed. This is when a worry box can help.

Find our guide to making your own Worry Box for thoughts and stresses that worry you throughout the day. You'll be able to make and decorate your own box, to keep somewhere safe in case you need it.

Things you'll need:

- Any size box, ideally no bigger than a shoe box. You could try to recycle something from around your house.
- Coloured pens, pencils or paint.
- Scissors and spare wrapping paper, coloured paper or old magazines.
- A writing pen or pencil.
- Some paper, a small notepad or post-it notes.

How to make a worry box:

- Start by cutting a slot into the top of your box, a bit like a postbox.
- Once you have your slot to add your worries into, you can decorate the rest of the box by:
 - a) Covering it with paper
 - b) Colouring or painting a design
 - c) Cutting up photos of people or places that mean something to you and collaging them onto your box.
- Make your box as special and personal to you as you can.
- Find somewhere in your house, or bedroom to place your box so it's undisturbed by other people.
- Keep paper inside the Worry Box with a pen, so that it's ready to use at any time.



How to use your worry box:

Place your worries in the box whenever you need to. The box allows you to put the worry out of your mind until you are able to come back to it when you feel ready.

If you need more support you can show your worries to a friend, parent or trusted adult for advice & support.

