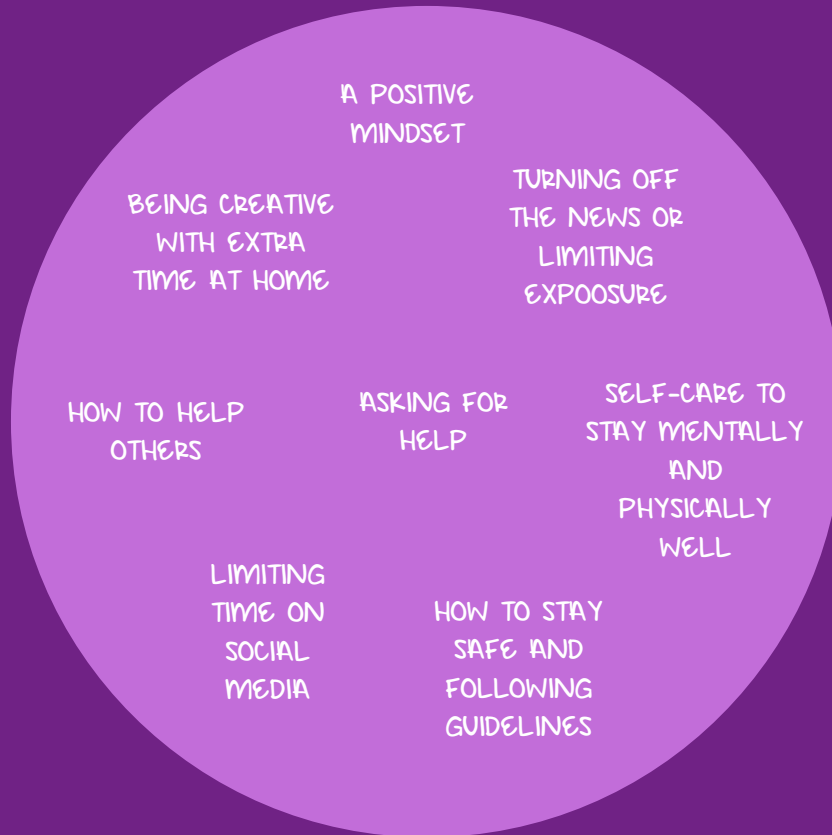


The Circles of Worry

during Coronavirus

Sometimes things can feel overwhelming and it's not always easy to make sense of your worries. Follow the diagram below to see which circle they fall into. Then you can easily see what things you can change for the better...



THINGS I CAN CONTROL



THINGS I CAN'T CONTROL

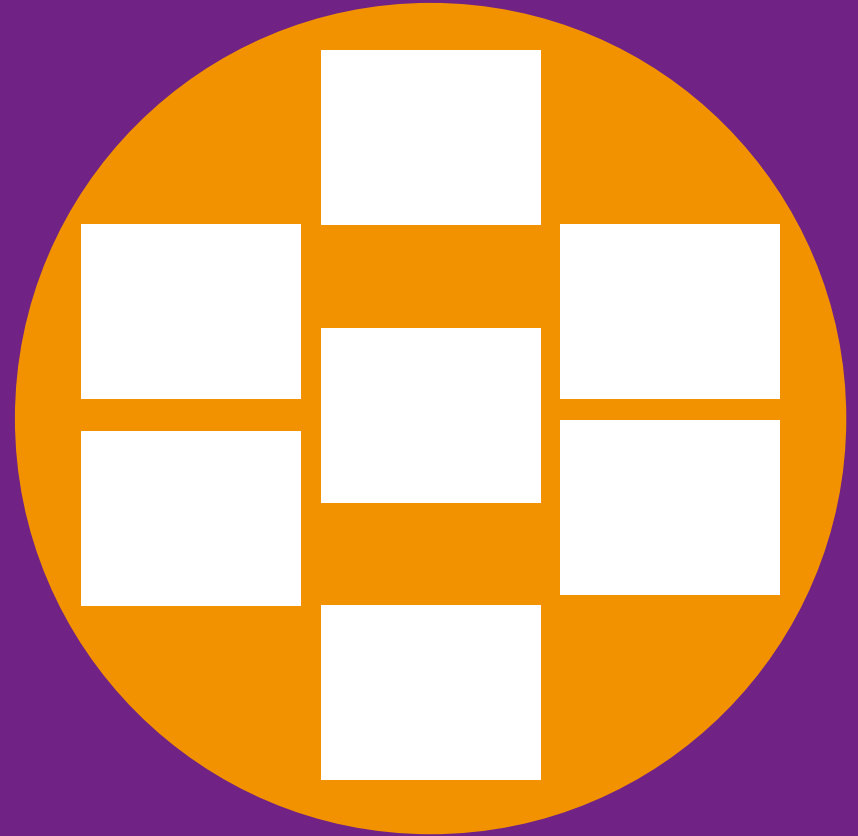
The Circles of Worry during Coronavirus

Now it's your turn!

Think about one worry at a time and decide which circle they should go into. Write that worry in a box inside the coloured circles below. Now keep adding your worries. This will help you to see what you are able to change to help you feel more positive and in control of things.



THINGS I CAN CONTROL



THINGS I CAN'T CONTROL