

Miss Taglight's Weekly Well-being

**"Don't worry about anything;
Instead, pray about everything.
Tell God what you need, and
thank him for all he has done."**

- *Philippians 4:6*

It can be really hard not to worry right?
You aren't alone in that. We all worry –
even adults.

We hear lots of people say 'don't worry'
but it doesn't work for everyone. I know
that if someone tells me 'not to worry' I
worry even more about the fact I'm
worrying!

MINDFULNESS

SELF BELIEF

THOUGHTS?

REASSURANCE

H O P E

Here are some ideas to inspire you

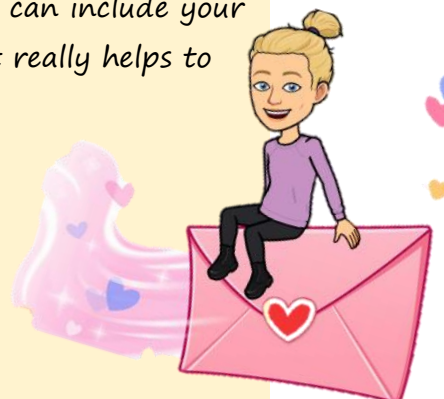
Question: What do you think
the opposite of worry is?
And why? (there are no
right and wrong answers)

You can answer this through art
or writing, even poetry. However
you want to express yourself is
best.

For me, what works best is writing. I write my thoughts, feelings and emotions in my journal and I immediately feel a little bit lighter afterwards, and my head feels a lot clearer because all those busy thoughts have a place to go.

Sometimes at first, it can feel weird to write to noone. So I want you to write a letter to your future self – to open in September. What you write is up to you. You can include your feelings and emotions, something you like at the moment or a memory, it really helps to get it all out on paper. (Make sure you write the date on the top!)

Then ask an adult to look after it until September, or you could slide it into a drawer or book to find at a later date, even if you forget about it for a year it will be fun to open and read what you thought, and often all the things you were worried about will have gone away and you'll wonder "why was I even worried about that in the first place?"



Week 3

Inner Strength