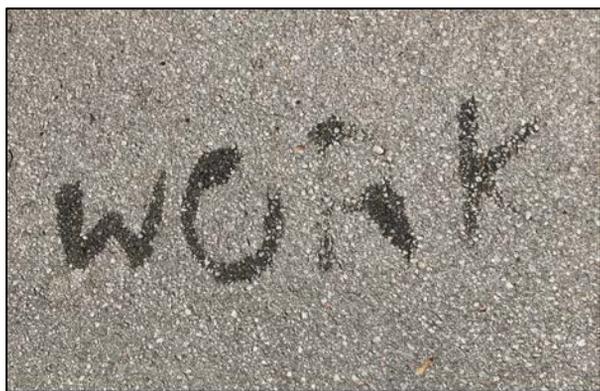


15 - 20
Minute
Activity
For
Everyone

Letting Go of Worries

Worrying is a natural reaction to moments in our lives that are unfamiliar or that push us out of our comfort zones. When our lives are dictated by worry, it can impact our well being and set us back from taking chances or utilizing our full potential. It is easy to dwell on worry rather than take action to address it. Taking the time to reflect upon the root of your worries and practical steps towards addressing them will help you manage and eliminate worries as they arise in your life. Try this activity to see if it works for you!



Activity:

- Fill up a bowl or cup with water. Bring the water and a paintbrush outside to an area that is paved (eg. a driveway or sidewalk).
- Set all your supplies to the side and take a seat in an upright and comfortable position.
- Take some deep breaths and ask yourself if anything has been occupying your mind or if you have been worrying about anything lately.
- Once you have decided on what that is, try to sum it up into 2 – 3 words.
- Dip your paintbrush in the water and write the word(s) on the pavement in front of you. Look at the word(s) you wrote and ask yourself two questions. What is the root cause of why this is occupying my mind? Are there any actionable steps I can take to address this feeling of worry?
- As you watch your words dry, remind yourself that worry will go away if you confront it by creating practical steps towards addressing it. Oftentimes it only takes small changes to make ourselves feel better (eg. a conversation with a friend, apology, etc.). Once your words have dried completely, walk away with an action item and let a little bit of your worry go.
- If this reflective practice worked for you, consider repeating these steps with other worries that may come into your mind.

Materials Needed:

Cup/Bowl, Water, Paint Brush, A paved outdoor space.

Reflection Questions:

- How did this activity make you feel?
- Did it help for you to confront something you were worried about?
- How will this support you when worrying in the future? Why?
- In hindsight, have you ever realized that you worried about something that you didn't need to worry about?