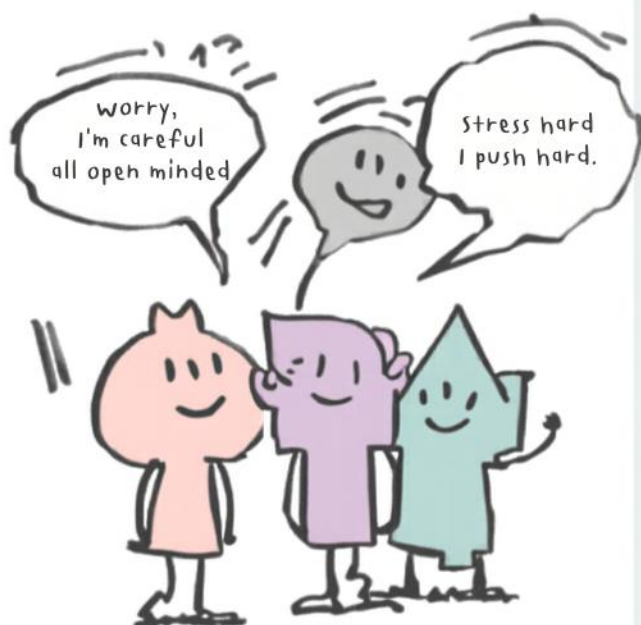


Meet Worry, Stress, & Anxiety



Try this when

you feel overwhelmed

You will need

Paper, pencil, coloured pencils, markers

30 minutes

Imagine your worry, stress, and anxiety are characters in a comic book, then draw them. You can use the design to highlight their underlying characteristics. Is your anxiety big and strong because it causes physical discomfort? Is stress occupying more space on the page because you are currently experiencing difficulties in your life? Write a description next to each one. What makes the character strong? What makes it weak? What does it love? What does it hate? Where does it live? Finish by naming each character.

Self-reflection

What do your characters say about the way you experience worry, stress, and anxiety? Do your characters look similar, or are they very different? Why might this be? Are they scary or funny?