

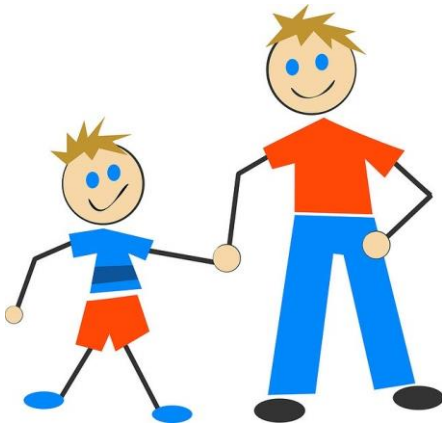
# Worry Tools



**Calm Breath**



**Move My Body**



**Talk to a Grownup**



**Busy Mind**



**Not Yet  
(take a break)**



**Stand Up to Worry**