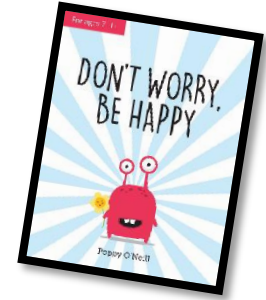


Wellbeing Book Project: Don't Worry, Be Happy.

Part One

Activity Four: My Worries



I feel anxious when ...

To make myself feel better I ...