Worry Jar

When you're feeling anxious or worried, writing your worries down can help to get them out so you don't need to carry them around anymore, this can help you to release the stress related to that worry. Think of some things that have been worrying you and write them down in the jar.

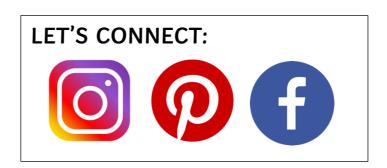


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Credits

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