

FLOAT YOUR WORRIES AWAY!

Worries, like clouds, come and go. But what if instead of holding onto them, you could place your worries in a bubble and let them drift away?

In this worksheet, we will help you distance yourself from your worries and release them into thin air. By releasing your worries, you can make room for sunlight to shine through and lighten your stress.

Let's begin!



Find a comfortable space and grab a piece of paper and markers or your preferred drawing tools.

Step 1: Create Thought Bubbles

Take a piece of paper and fold it from the middle to divide it into two halves. Draw several thought bubbles on the left half of your paper. These bubbles will serve as visual containers for your worries.

P.S. Don't worry about being an artist—just let your hand move freely.



Step 2: Label the Thought Bubbles

Now, let's give life to these bubbles. Write or draw specific worries inside each one.

Let your worries take shape within these bubbles.

*What if I don't clear
that job interview?*

*What if my partner
stops loving me?*

*Am I going to fail my
exam?*

*Will I finish this before
my deadline?*

Am I going to fall sick?

Step 3: Distance Yourself

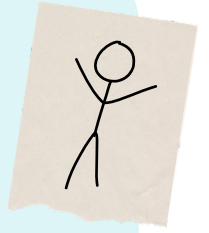
As you look at your thought bubbles, imagine each one as a separate entity, not residing inside your head but contained within these visual containers. Picture your worries outside of yourself.



Step 4: Draw Yourself

Now, draw a simple stick figure representing you, on the paper. This stick figure or symbol is your **observing self**, separate from the worries.

Remind yourself that you are more than the sum of these thoughts.



Step 5: Connect with your Emotions

Give your worries a voice. Use colours or symbols to express the emotions associated with each worry. This can help you add a layer of emotional awareness and externalise those feelings.



Step 6: Observe without Judgment

Take a moment to observe these thought bubbles.

Just observe, without judgement. Take a deep breath. These are thoughts and emotions, not your entire identity.



Step 7: Let it flow...

Now, it's time to separate yourself from these worries.

Close your eyes and imagine each thought bubble disappearing gradually.

Visualise your worry breaking into tiny parts and floating away into thin air as it loses its intensity and power over you, just as the mist evaporates under the warmth of the sun.



Step 8: 'Throw' your worry away!

If you're using paper, you can cut out each thought bubble and crumple it to throw it away. If digital, erase them.

Choose a method that feels right for you. This is a symbolic release from those thoughts, a tangible action to signify detachment.



Step 9: It's time to reflect

Now that you've 'thrown' away your worries, you must be left with the list of things that make you feel better.

Write down how it feels to separate yourself from your worries and to know a few resources that can help you feel better.

Notice any shifts in your emotions or mindset.

You can write why each worry you wrote in the thought bubble was significant for you in the space given below.



As we conclude this exercise, remember that worries are passing thoughts, and you have the power to observe them from a distance. Whenever you feel overwhelmed, revisit this exercise. Take a deep breath and let go.

You are more than your worries!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

