

TASK: WORRY BUCKET

SEREN FEELS THE WEIGHT OF THE WORLD ON HER SHOULDERS, DOESN'T SHE? WORRYING ABOUT EVERYTHING AND FEELING AS IF SHE'S GOING TO EXPLODE AT TIMES. HAVE YOU EVER FELT LIKE THIS, FELT LIKE YOU CAN'T MAKE SENSE OF THE THOUGHTS IN YOUR HEAD? CAN'T THINK STRAIGHT, CAN'T BREATHE, CAN'T CONTROL YOUR HEART WHICH FEELS LIKE IT MIGHT EXPLODE LIKE A BOMB ANY MOMENT?



IF YOU DO, THEN BREATHE – 1,2,3,4 – I'M HERE TO HELP!

THERE ARE MANY THINGS THAT WORRY SEREN IN THE PROGRAMME WHICH LEAD TO EPISODES OF ANXIETY, THE PANIC ATTACKS! THINK OF SEREN'S MIND AS AN EMPTY BUCKET AND RECORD EVERYTHING THAT WORRIES HER IN THE BUCKET, IT'S CLEAR THAT THE BUCKET FILLS UP QUICKLY AND OVERFLOWS!

WITH A PARTNER OR IN A GROUP, DISCUSS WHAT WORRIES SEREN AND NOTE THEM ON A PIECE OF PAPER. PUT THE PIECES OF PAPER IN AN EMPTY BUCKET AND YOU'LL SEE QUITE QUICKLY THAT THE BUCKET IS FILLING UP. FOR EXAMPLE, KEEPING MUM'S SECRETS AND THE PRESSURE OF SCHOOL WORK. WITH SO MANY CONCERNS FILLING UP THE BUCKET, I'M SURE IT'S HARD TO PUT YOUR FINGER ON WHAT EXACTLY IS BOTHERING YOU! DON'T WORRY, WE'LL WORK THIS OUT TOGETHER!

CHOOSE ONE OF THE THINGS SEREN IS CONCERNED ABOUT OUT OF THE BUCKET AND THINK CAREFULLY ABOUT HOW YOU COULD SOLVE THE PROBLEM SO THAT IT DOESN'T FILL THE BUCKET. DO YOU THINK THIS WILL STOP THE PANIC ATTACKS?

WHAT KIND OF CONCERNS WOULD FILL YOUR BUCKET? HAVE A GO AT FILLING THE BUCKET WITH EVERYTHING THAT'S BOTHERING YOU AND THEN TRY AND EMPTY IT, WHILE TAKING TIME TO THINK OF A SOLUTION TO EACH OF THE PROBLEMS IN YOUR HEAD.

AND REMEMBER WHAT WE SAID – IT'S IMPORTANT TO TALK, AND BREATHE DEEPLY 1,2,3,4...

