

# Strategies to Use When I Am Worried About the News

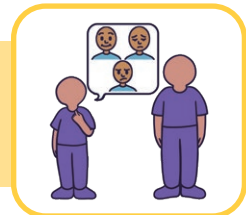
Lots of people are worried or upset by what they hear on the news.



It is OK to feel worried or upset.



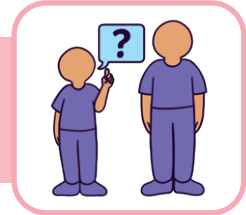
You should tell an adult or friend how you are feeling.



Remember, some news is fake.



You can ask an adult whether it is true or not.



You might need to stop watching, listening to or reading the news that is worrying you.



What to do when you are feeling worried:



Go for a walk.



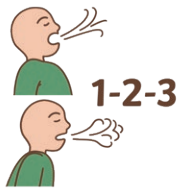
Do some exercise.



Read a book.



Listen to music.



Take deep breaths.

1 2 3 → 10



Count to 10.



Ask for a hug.



Talk to an adult.



Play a game.



Do some art.