


THE BEACHBALL

Trying to push away anxious thoughts is like trying to push a beachball underwater—it takes a lot of effort, and eventually, it pops back up! Instead of fighting it, we can let it float beside us and focus on what matters.

Think about a time when you tried really hard to push away a worry or fear. How did it feel? Did the worry stay away, or did it come back?



What are some things you love to do that anxiety sometimes gets in the way of? How could you keep doing them even if the “beachball” of anxiety is still there?