Worrying Brian's What Helps Page

Notice the worry gently and find a next step together

BRIAN'S: WORRY AND COMFORT

A worry may be loud, quiet, or hard to explain. You do not have to solve it on this page. A trusted grown-up can help.

What is Worrying Brian saying?

What do I know right now?

What might help me feel supported?

[ ] Talk with a trusted grown-up

[ ] Have a quiet moment

[ ] Hold a comfort item

[ ] Choose something else

[ ] Draw or write it

[ ] Ask what happens next

[ ] Take a break

One small next step I choose:

Worries are not naughty. You can share them, draw them, ask for help, or come back later.