

# Strong Spirit, Safe Mob Worry Worksheet

Uncertainty is like the ocean—we can't control the tide or the direction of the currents.

With everything happening in the world, in our communities and within our families right now, our circle of worry can feel as vast as the ocean. Worry can weaken our spirit, but we do not have to be led by the ocean's currents. We can acknowledge our worries, act on what we can control and let go of the rest.

We have developed this resource to support you to keep your worries at bay by helping you realise what you're worried about and what you have the power to manage.

## How to complete this worksheet

Thinking about your worries can be overwhelming. But once you identify them, you can start taking steps to manage them.

On this worksheet you can write down your biggest worries as a group or theme and list the smaller parts of that worries under them. Do this at your own pace and in a way that suits you.

Be as detailed or general as you like so these lists are useful for you.

For example:

## What are my worries?



### **My biggest worry is:**

The health and wellbeing of my colleagues, my loved ones and myself.

### **Specifically, I'm worried about:**

- Getting COVID-19.
- Going to the shops and getting home safely.
- My family being isolated or not having what they need.

## What is within my power?

Once you know your worries, you can draw a line in the sand by realising what you have power to manage. Doing this can help to calm the water in our minds so our worries don't take over.

For example:



### **What is within my power:**

- Knowing the latest health advice.
- Following the health advice.
- Keeping my spirit strong so I can help mob and the broader community stay safe.

## Will this exercise make me stop worrying?

No. Worry is a normal part of life that helps keep us alert and safe. We can use worry to our advantage if we take steps to manage it. The worry that you unpack in this exercise may come back, but now you will have ways to manage it.

Identifying what we have power over can keep our spirit strong and our mob safe. So give this exercise a go and share it with your loved ones!

What are my worries?



A large, empty rounded rectangular box with a dark blue border, intended for writing or drawing.

What is within my  
power?



A large, empty rounded rectangular box with a dark blue border, intended for writing or drawing.