

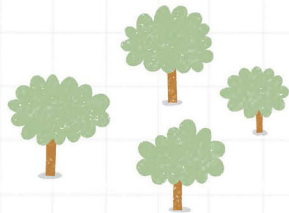
# UNWORRY ACTIVITIES



## UNWORRY ISLAND

Design your own UNWORRY ISLAND, a place you can imagine and visit whenever you need to, especially at bedtime if worries are stopping you from sleeping.

What's the weather like?

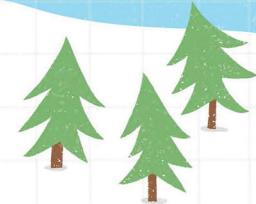


Where do you stay?  
A hut? A treehouse?  
An igloo?

Who else is there with you? Or are you on your own?

What do you eat? Fruit from the trees? Fish from the sea? An endless supply of ice cream from a cafe?

It doesn't have to be realistic. This is YOUR unworry island - it can be absolutely anything you want, as long as there are no worries there.



The more you use your island to relax, the more helpful it'll be. Scientists call this process **CONDITIONING**. You train your body to **RELAX** whenever you imagine the island. So don't just visit the island once, pop back again and again, and add or change things whenever you like.