

## WHAT'S ON YOUR MIND?

Sometimes I worry about all the bad things that could happen. How can I feel more hopeful and less worried?

—Stressed in South Africa

## Dear Stressed,

Thinking about hard things that may happen can be scary. But good things can happen in the future too! Talk to someone about your fears.

Hard times might come, but no matter what, your Heavenly Father loves you and can always be with you.

Good things are ahead!

The *Friend*

Take some deep breaths.



Pray and tell Heavenly Father how you feel.



Write about what worries you.



### Good things that can happen:

Make new friends

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# “Let us embrace the future with faith!”

Russell M. Nelson, “Embrace the Future with Faith,” *Liahona*, Nov. 2020, 76.

