

# Teacher Resource: STOP! the Worry – Vaccination

## Specific Sample

### *Activity*

Worry is a state of unease, uncertainty, or anxiety that may be experienced as a result of actual, potential, or perceived problems. At times, worry can get in the way of our decision making, choices, and overall well-being. Worrisome thoughts can be managed by using the STOP! the Worry acronym.

**Worry:** Where can I get vaccinated if I don't have a family doctor?

**S:** Stop and Review – I don't know where I can get vaccinated. Where can I get a vaccination or information about vaccinations?

**T:** Think – What places might have vaccinations available like other medications (e.g., pharmacies, doctor's office, public health, walk-in clinics, medical centre)?

**O:** Options – Ask my H&PE teacher, doctor, or pharmacist where I might get a vaccination.

**P:** People and Places – Call or go to a pharmacy, a local public health unit, or a walk-in clinic.

**!** - Be excited that you are a solution builder!