**Student Resource: Fillable STOP! the Worry about Vaccinations**

# **Instructions**

Choose a question from the list provided or identify a question or worry that you have about vaccinations.

Use the STOP! the Worry acronym to decide on the best solution to your question. You might not solve the entire problem. However, the goal is to find out where you can get the information to answer your question to be your own solution builder.

# **STOP! the Worry about Vaccinations**

Worry is a state of unease, uncertainty, or anxiety that may be experienced as a result of actual, potential, or perceived problems. At times, worrying about vaccinations as one choice to care for our personal health can get in the way of our decision making, choices, and overall well-being. Worrisome thoughts and questions about vaccinations can be managed by using the STOP! the Worry acronym.

**My Worry about Vaccinations**:

**S:** Stop and Review — What is the issue? Name it.

**T:** Think — How do I feel? What are some possible solutions?

**O:** Options — What is the best option to stay safe from infections and disease transmission and take good care of myself?

**P:** People and Places — Who can help me? Where can I find assistance?

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