

Write down your worries.  
Release them and Wipe them away.

A large, empty rectangular box with a decorative black border. The border features ornate scrollwork at the top and bottom centers, and a series of small black diamonds along the left and right sides. The box is set against a vibrant, multi-colored background that transitions from purple and pink on the left to yellow and green on the right, with a blue and teal base at the bottom. The background is adorned with numerous small, white, star-like sparkles.

Worrying too much might give  
you something to think about  
but it doesn't teach you anything.