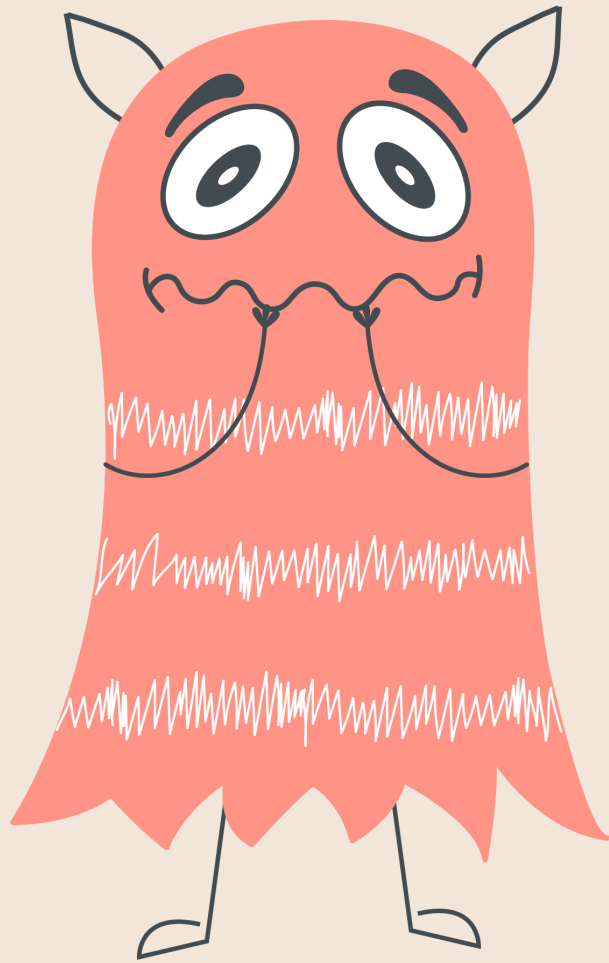




**WHY DO I
WORRY?**



Everyone worries, that's part of being human.



Worries are thoughts in our head that we often can't control.

There are two types of worries.

1. Worries that are real and are happening right now. These are worries we can do something about.

2. Worries about things that *might* happen that could harm or upset us.

Not everyone feels these types of worries, and worry can make everyone feel differently. It's important to remember, however you feel is normal.



Worries help to keep us safe.

Some things you may worry
about are:

Doing well in school

Being liked by your friends

Your family

The dark

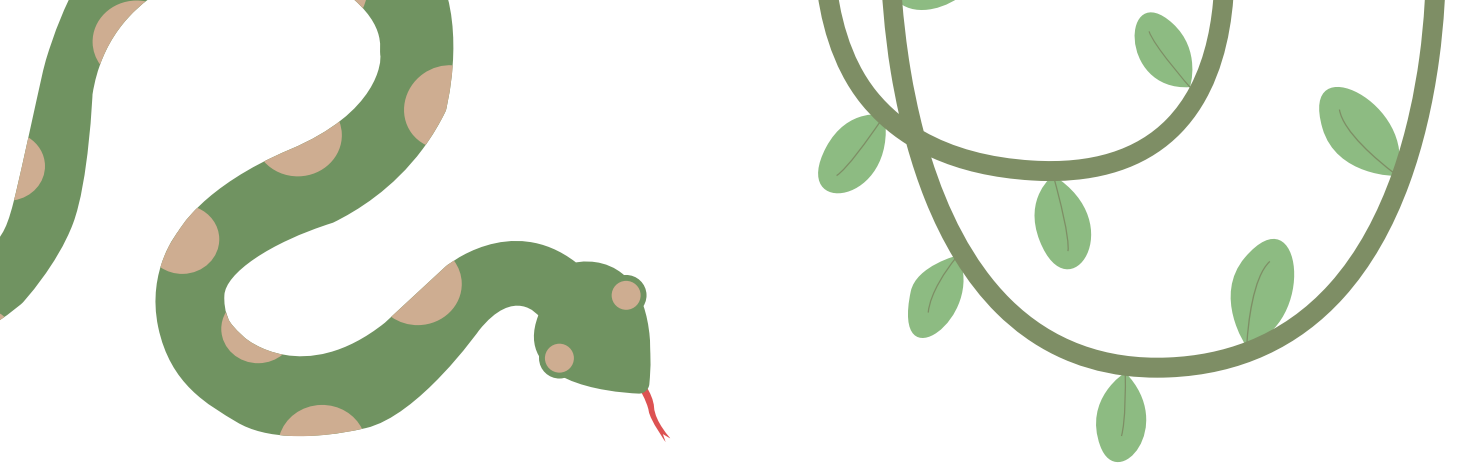
Going to the toilet

Being away from home

Spiders

Getting hurt





Many, many years ago, worry came in handy when we lived in scary places like caves and jungles.

By helping us to find things around us that could harm us.



Back then, worry allowed us
to react very quickly to
something dangerous.

Such as a snake, or a lion!



It prepared our bodies
so that we were able
to quickly run away.



Today, our minds still act like we live in those dangerous places even when we're safe in our homes.



Our brains are always on the look out for things that can harm us.



Some people may think like this all the time, even when they are somewhere safe.

People who worry too much
can have something called
anxiety.

This is when worrying starts
to affect your life and how you
feel.



I don't want to
leave the house

What if no one
likes me

Something
might hurt me

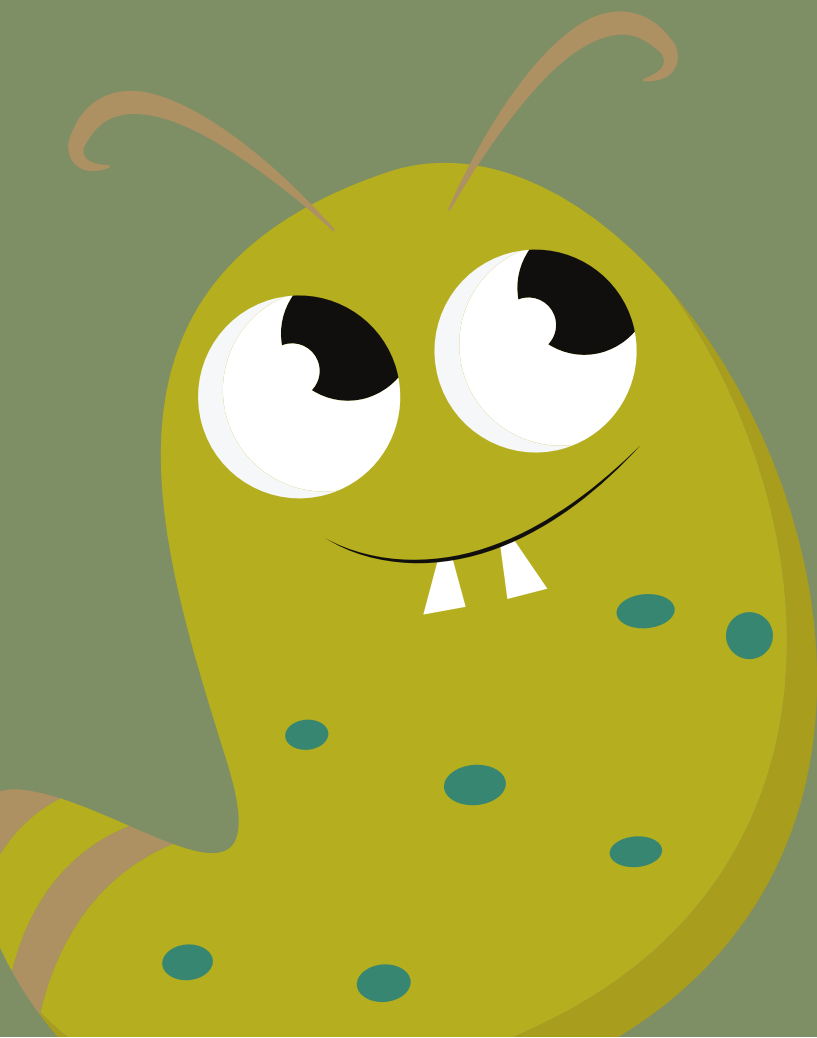
What if I do
something
wrong

Don't leave me
on my own

I'm scared of
the dark

It's important to let a grown up know if you think you are worrying too much. For example, if worry keeps you awake at night.

Remember, everyone worries from time to time. That's part of being human - or monster!



QUESTIONS TO ASK:

? What do you worry about?

Give the child time to tell you what they worry about and talk through how this worry affects them using the questions below.

? How does worrying make you feel?

Talk about the emotional impact, such as feeling scared or worried, and the physical symptoms too - feeling sick, hot etc.

? How does your body feel?

Talk about the physical symptoms such as fast heartbeat, feeling breathless, sweating, feeling hot.

? What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

? What should you do if you are worried?

Talk to a grown up they trust.