

Session 1

WORRY/ ANXIETY FACTS

- Most things grow when you “tend” to them
- Worries can grow by paying ATTENTION TO THEM
- The bad news about worries is that they can grow pretty fast and cause a lot of trouble
- The good news is that you have the power to make worries go away
 - WHEN IT COMES TO WORRY, YOU ARE THE BOSS OF YOU!
- Other words for worry are : ANXIETY, STRESS
- A worry is a thought that upsets you and makes you feel **bad inside**
- A worry can be a specific thought that makes you feel scared; or it can be more general, like a sick feeling in your stomach everyday before class
- It’s normal to feel worried **sometimes**
- For some people worries last longer than other people think they should **BUT** it is possible to STOP WORRY
- Worries can make your body feel bad
- It is important to be aware of where you feel anxiety on your body. What does your anxiety feel like?
- Besides making your body feel bad, worry/anxiety can cause you to miss out on many fun things

Adapted from Dawn Huebner’s *What to do when you worry too much- A kid’s guide to overcoming anxiety*