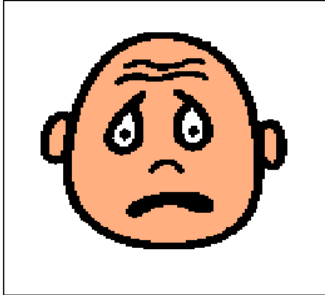
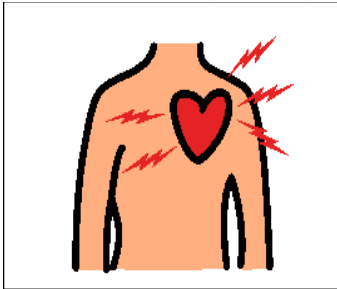


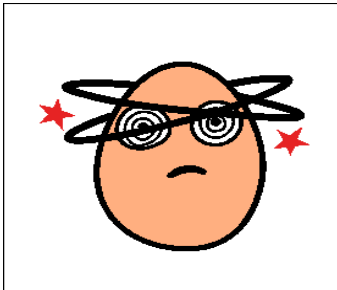
What is Worry?



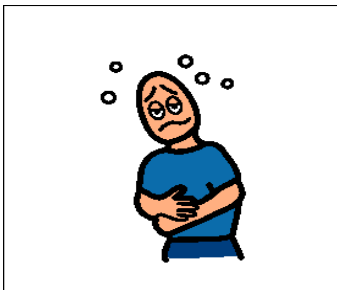
Sometimes I feel worried



When I worry it makes my heart beat faster



Worry can make me start to feel dizzy



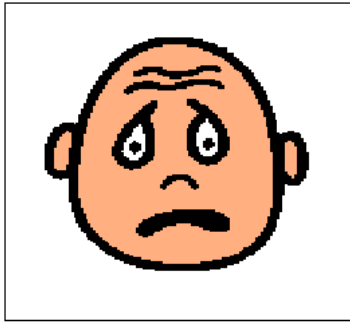
Worry can make my tummy feel funny and my muscles feel sore



This is ok, everyone feels this way when we worry

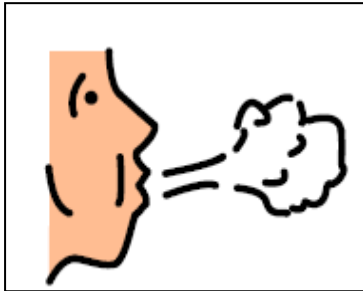


Feeling like this when we worry is ok, because it means we are healthy



What helps with worry?

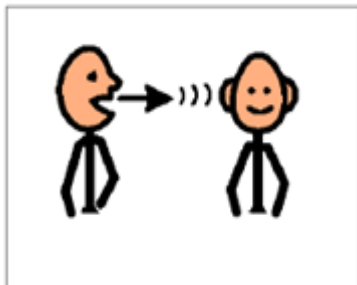
It's okay to worry sometimes. When I worry, I can help myself feel better



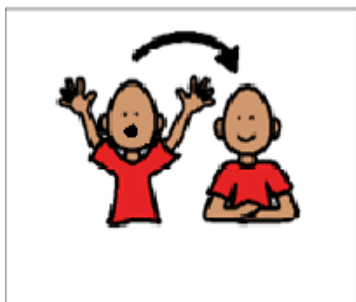
I can try to use slow, deep breathes to feel better



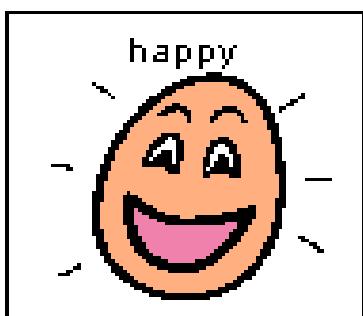
Keeping busy by doing things I like will make me feel better



I can talk to someone about what my worries are



This will help me to calm down



Then my family and I will feel happy