

Let's talk about ...

# Worrying





**What does Worrying  
do to your body?**



# Lots of things happen inside our body when we worry



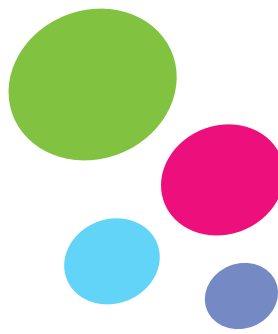
**We keep wanting to go to the toilet**



**We may have trouble sleeping**



**We might feel a bit sick and can't eat**



# Lots of things happen inside our body when we worry



**We might get a headache**



**Our heart beats faster and our breathing increases**



**We can feel weak and slow**





**Have you ever  
felt **Worried?****





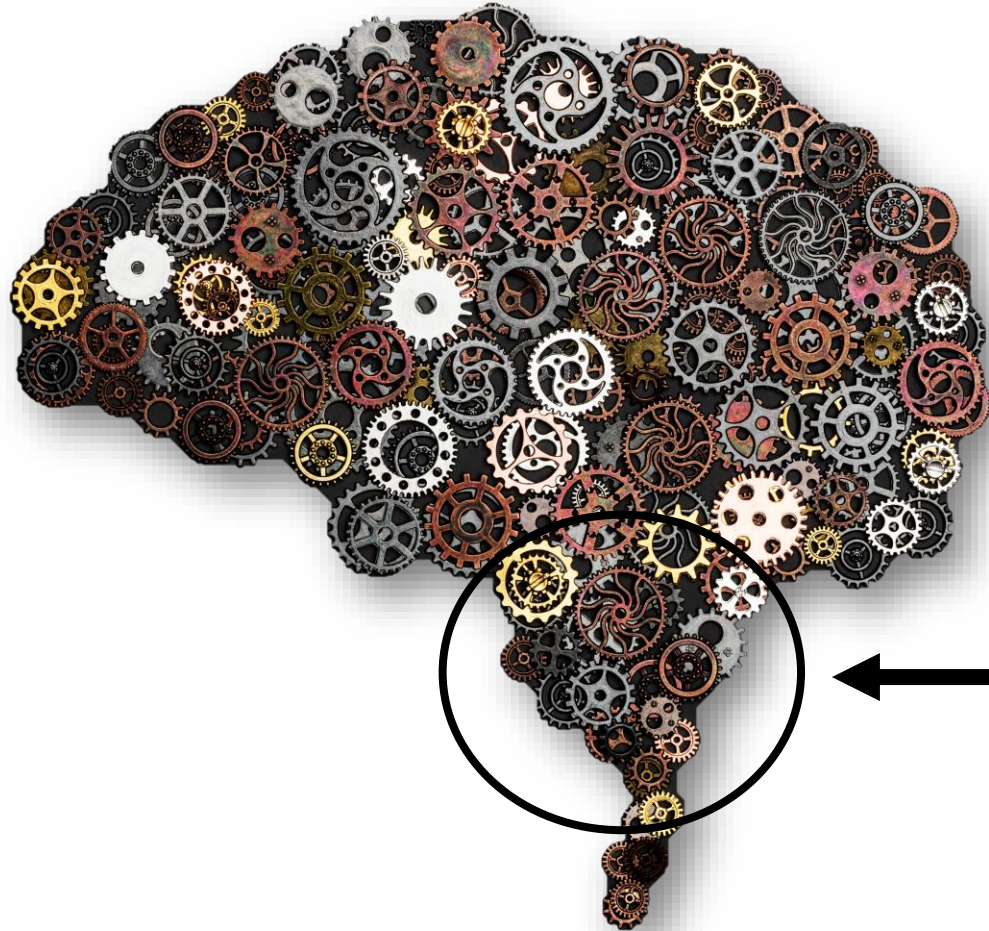
**What is happening  
inside your brain?**

A little bit about your **brain ...**



Our brain can be  
divided into  
**3 different areas**

# A little bit about your brain ...



The 1<sup>st</sup> part of your brain to develop – was your **brainstem**. It is responsible for **keeping you alive**



It **keeps you alive** by taking your body into . . .



**FIGHT**



**FLIGHT**



**FREEZE**

When your worries get **too big**

# A little bit about your brain ...



The **2<sup>st</sup>** area of your brain to develop was the **limbic system**



# Your **limbic system** is responsible for ...



**Emotions**



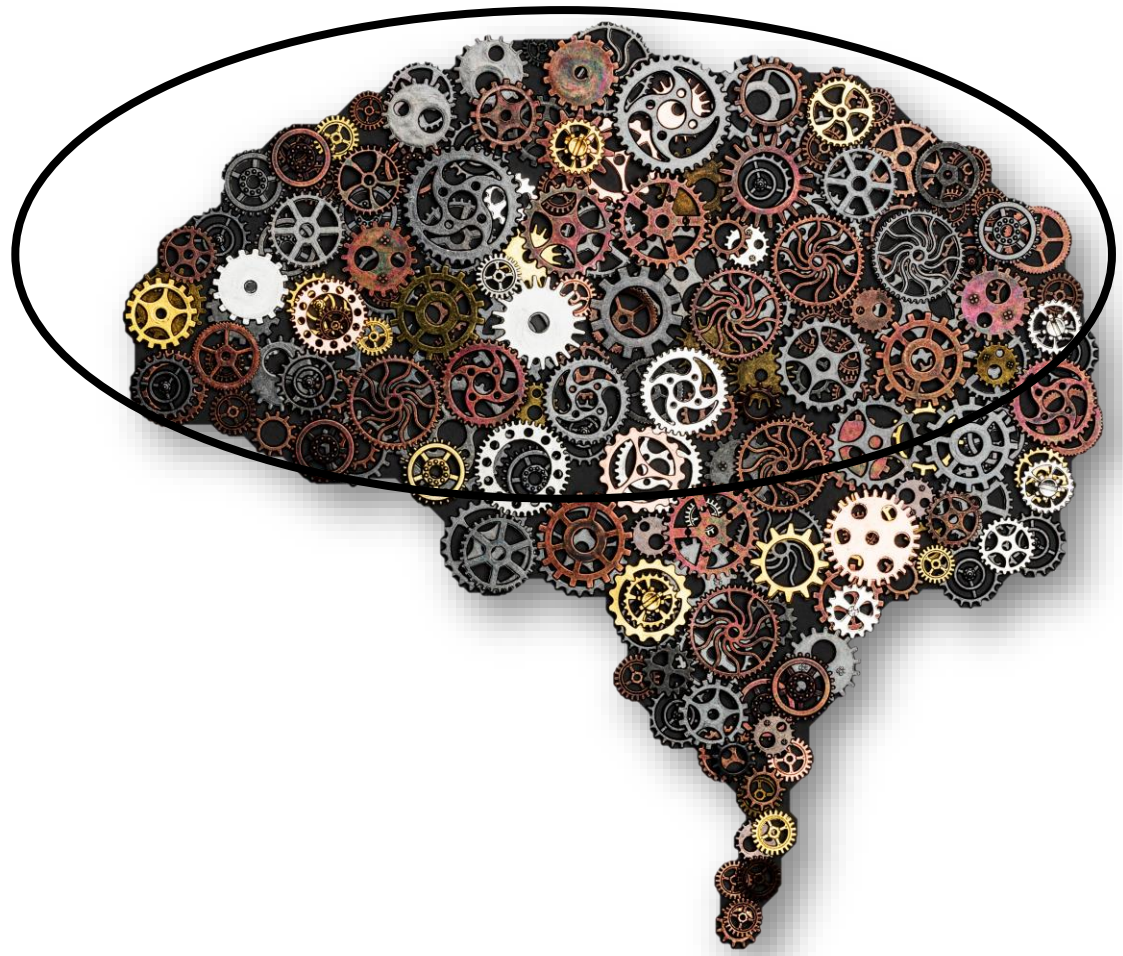
**Controlling your behaviour**



**Forming friendships**



# A little bit about your brain ...



The **3<sup>rd</sup> area** of your brain to develop was the **cortical brain**



# The **cortical brain** is responsible for ...



**Learning, Planning  
& Processing Information**



**Communication &  
Language**



**Reflecting**

The problem is when you **worry too much ...**



If you worry too much and your **BRAIN** believes you are in danger – it goes into  
= **survival mode**

**FIGHT | FLIGHT | FREEZE**

# What is Fight, Flight and Freeze?





The background features a large number of hands raised in the air, suggesting a crowd or a group of people. The hands are of various skin tones and are wearing different colored wristbands. The background is a soft, out-of-focus image of green foliage. In the top right and bottom left corners, there are clusters of colorful circles in shades of green, pink, blue, and purple.

**What makes you  
feel unsafe?**





# Sometimes we feel **unsafe** when ...

It's Playtime

Moving from Room to Room

Going home

Being told 'No'

When it's too noisy

Tests

Change of routine

Too much work

New teacher

When it's too busy

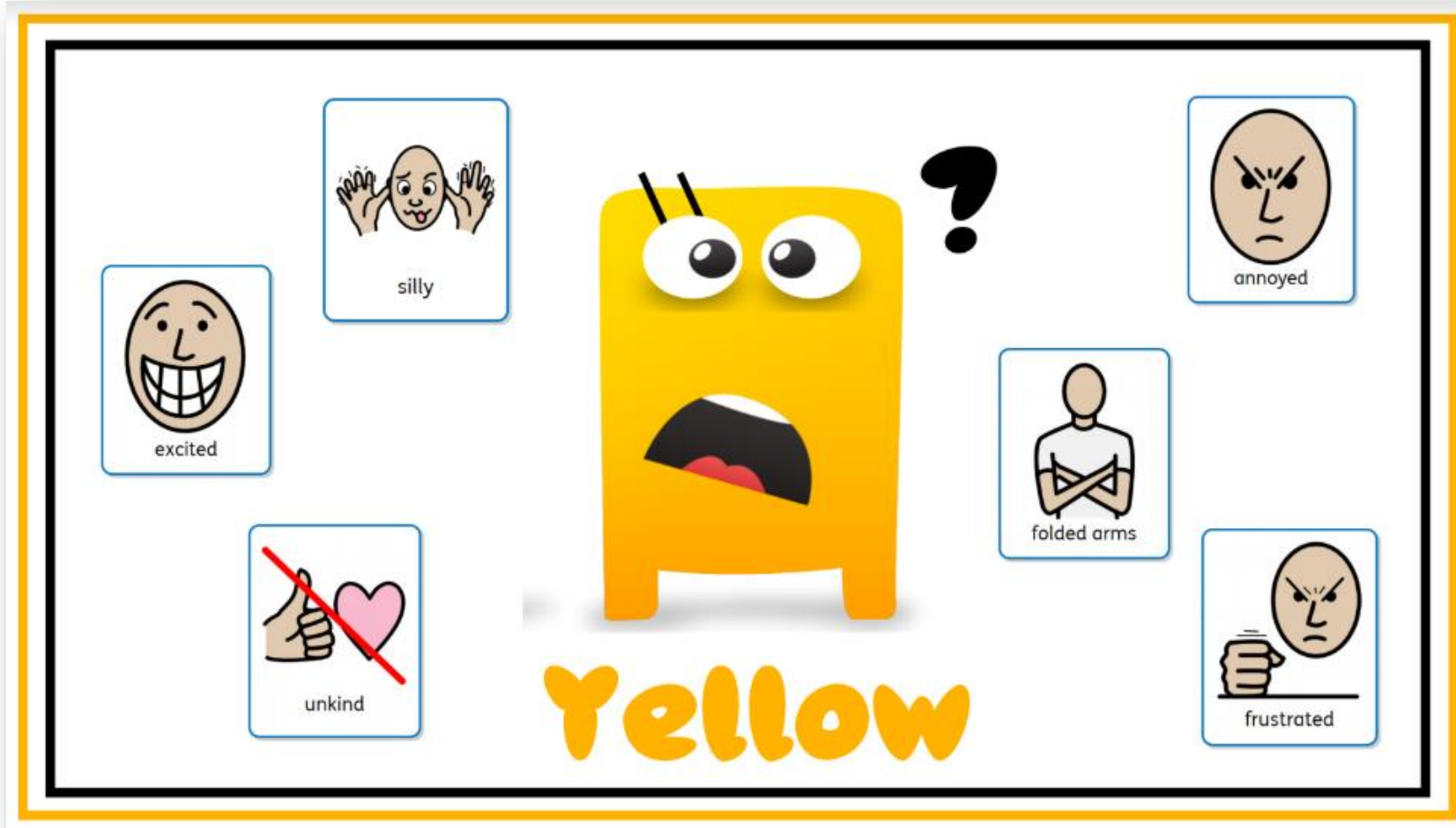




# 10 Top Tips to **STOP Worrying!**



# 1. Talk about your worries - tell someone how it makes you feel inside ...



## 2. When you worry – remember things that make you feel safe – then use them!

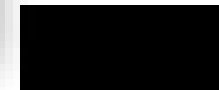


To help me feel  
**green** I will ...





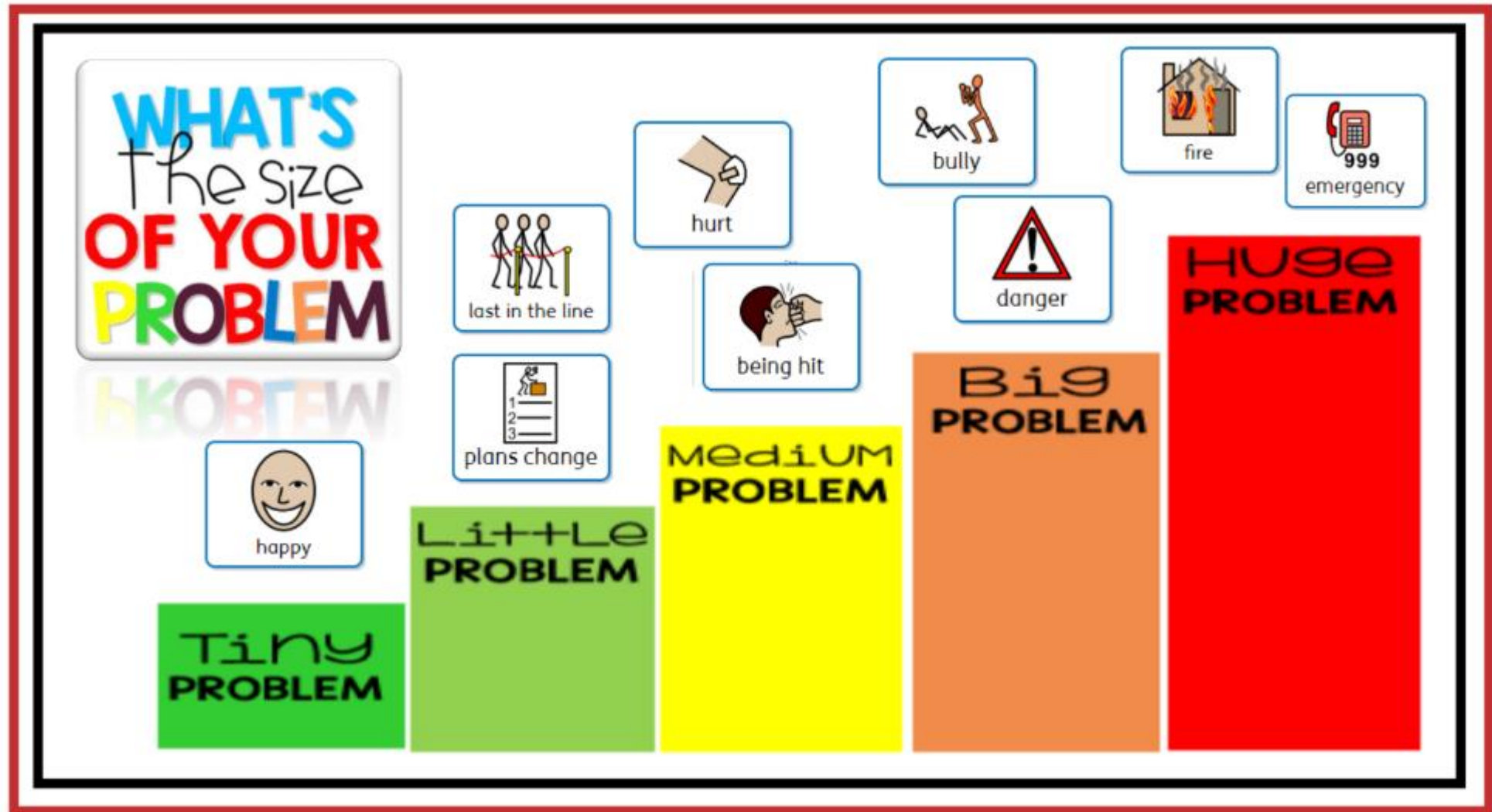
3. If a worry does comes into your head – let it float in and then out again. Worries are okay, just don't hold on to them!



## 4. Breathe your worries away with Belly Breaths ...



# 5. Always remember not all worries are huge ones ...



# 6. Be aware of what's around you - be in the moment and not in your head!



## Observe Mindfully

How does the floor feel beneath your feet? What noises can you hear? What smells do you notice? What colours? How does that make you feel?



## Eat Mindfully

Start by really looking at what you are about to eat. What colours can you see in it? What does the texture look like? What is the shape like?



## Walk Mindfully

As you walk, focus your attention on the soles of your feet and how they feel as each in turn touches the ground.



# 7. Be grateful for the wonderful friends in your life ...



# 8. Remember, your strengths of character, celebrate them and use them!



**Are You A Good Team Player?**



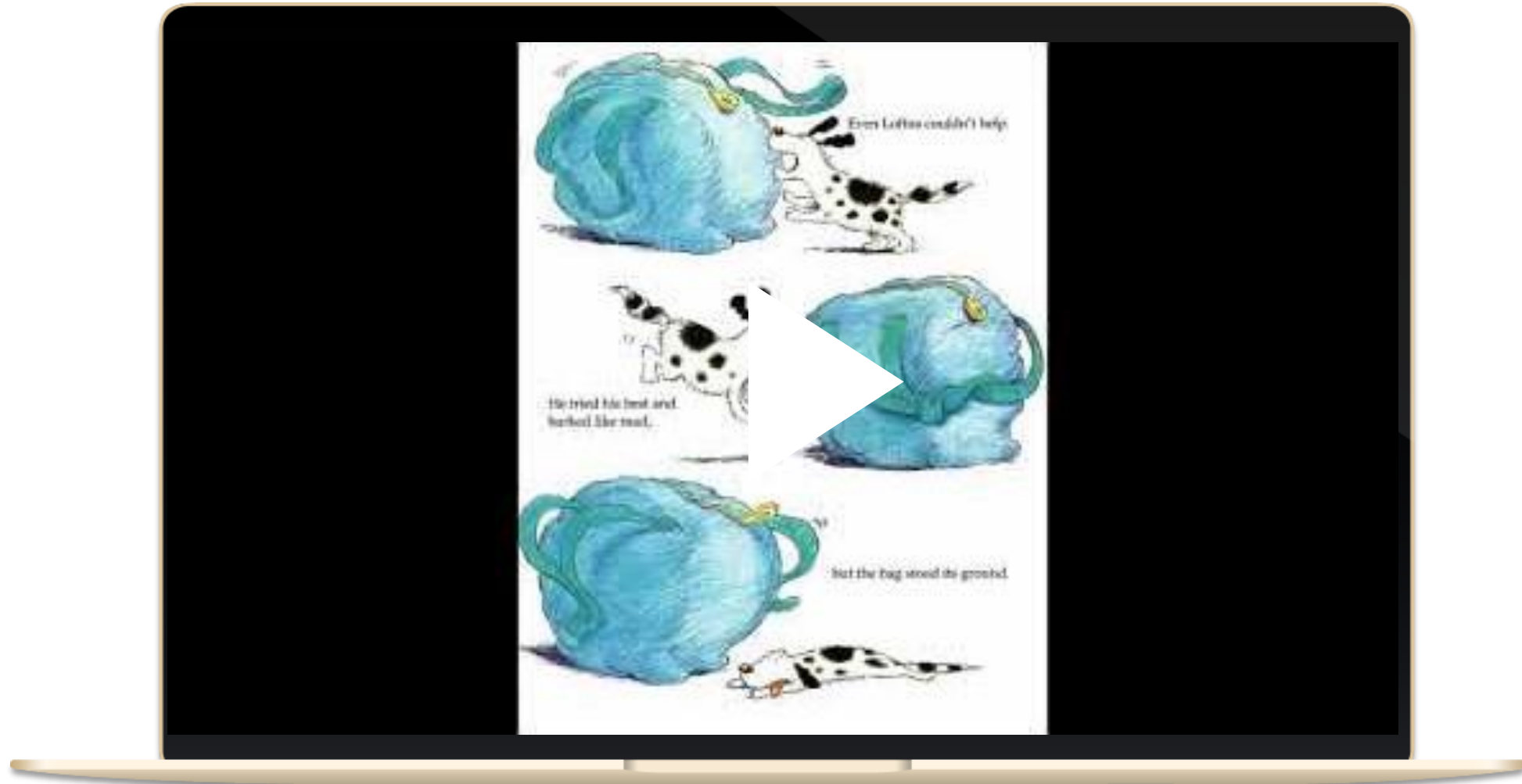
**Are You Brave?**



**Maybe You Make People Laugh!**



# 9. Share your worries with others ... 'A Big Bag of Worries'



# 10. Exercise, Exercise, Exercise!



**Get Active!**



**And have fun with friends!**





**The next time you start to  
worry – remember those**

**10 Top Tips!**



Share your worries with friends and family

Know the emotion is caused

Lots of Fun Exercise!

Belly breathing

Name the emotion and calm it

Be grateful

Let them float away

Re-size the worry

Be mindful

Know your strengths and use them!

# You are Amazing!



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