

What worries you?

We all have worries, at some point! I even have a worry! It might seem silly to you, but I actually have a fear of getting sick somewhere, typically school. I think "What if I'm gonna be embarrassed?" or "What if my mom or dad won't show up to help me?". You might even have a worry too! Like, your mom and dad are getting in big fights and you're afraid they're gonna get divorced. Maybe, you're afraid you're gonna get an F on your test because you didn't study. We all have worries, and that's ok. It's normal to be afraid of something. But I don't want you to worry! I want to make you feel better and accomplish today! So in this book, we're gonna take that worry away from your mind and reset your whole body.

What is a worry?

I like to picture a worry as a big, bad bug on my shoulder. It keeps whispering in my ear that I'm in big danger. For my worry it tells me "You're gonna throw up!" or "You're gonna get sick today, because you don't feel well this morning!". A worry is a negative emotion, thought, image and action in your head that makes you feel anxious. We call this part of your brain, The Amygdala. It controls emotion, stress and even anxiety too! Imagine there was a lion walking down the road. The amygdala looks out for danger and would probably tell you to run away from the lion. We wouldn't just sit there and watch the lion continue to walk down the street, would we? Of course not! The amygdala turns on the sense of decision making, and makes you run away. It causes intense emotion, and affects your fear. This is what happens with your worry. The amygdala makes us have intense emotion and fear of our worry. Like my amygdala makes my emotions go crazy because what if I don't feel well at school and maybe get sick! When I have my amygdala

turned on, I try to turn it off by taking big deep breaths. Or something that makes you feel better in your own way might make your amygdala settle down. But we can't turn it off, like a light switch. It takes time for our emotions to relax and reset our mind, which brings us onto our next chapter...

Resetting our mind

When you are upset with your parents or maybe feel stressed out. Our mind goes **Bonkers!** When you feel this way, does something make you feel better? Like maybe, sipping on a nice warm glass of milk or squishing a squishy you might have. This might help with anxiety too! For me, I just might like to take a nice bubbly bath or lay in my bed. This helps my worry relax and the bug stops screaming bad thoughts in my ear. (Tip: Squeeze your hands tightly together. Breathe in. Then release your muscles, stop squeezing and breathe out. This might help you relax!). Maybe talking to your mom or another family member can help you. Just letting all the words out, to a loved one or letting them know, helps me. Maybe they'll schedule an appointment for therapy. Therapy is meant to treat anxiety, and you shouldn't be afraid to go! The therapist will explain to you how to help your worry and make you feel better. (I've gone to therapy many times to treat my worries. If your worry is really bothering you, I suggest going too!). Resetting your mind is a great way to start with anxiety problems. Try to do something happy, and make yourself feel good. Just a simple " I'm gonna accomplish today! " might help your worry walk off your shoulder. And that's exactly what we want it to do!

Therapy (And talking privately with an adult)

When things are hard for you or you're having really bad anxiety, Talk to a therapist! The therapist will explain to you about your anxiety and how to help it. They are like your English teacher but in an anxiety way, like an anxiety teacher! They will help with anything and trust me, you won't regret coming there! They help so much! Another idea is to tell your parents. When I don't feel well and my anxiety gets triggered, I always tell my mom. We always have a little discussion about what's bothering me and what's wrong. My mom pushes me to do things and tells me I'll be okay through it all. I might be scared to go to school, because my stomach hurt that morning. But my mom tells me I'll be okay and I have to go to school or I won't learn! Which also brings me to my next chapter...

Avoiding

If you're scared to go to school, because of your big state test, don't be! If you keep avoiding things, your anxiety gets worse! Yep that's true! I was so scared to go to a sleepover because I thought I was gonna get sick. Can you believe that! Scared to go to a sleepover!? I thought of not going but I realized " Hey, I'm gonna do this! I'm fine, and I don't need to be scared! This sleepover is gonna be super fun. ". And I went. I was fine. Nothing happened. I had fun too! But if I happened to avoid it, I bet I would've never gotten anywhere that day. If you avoid doing anything because of anxiety, you know... That big and bad worry bug is ruling over you. And you're not gonna let him do that! That leads us to our next chapter...

The big and bad worry bug

This big and bad bug is really trying to rule you if you have anxiety. Yep, he wants to make you feel bad about yourself! If you're avoiding going places, having emotional attacks and worrying off the charts, that bug is ruling you! And that's how I feel sometimes. What

I do is yell at that bug! Yeah it might seem silly, you're hollering at an invisible being. But really you're yelling at him, he's right there. Flick him off your shoulder and stomp on him with your shoe! Warn him to never come back and to leave you alone. Hopefully he stays away! But if he comes back to whisper another day, say " Hey! I said go away! Now scram! ". He's a bully so ignore him and don't let him get to you. He can't be your king!

Did this help?

I hope this helped you with your anxiety. Maybe going to a therapist might help. Resetting your mind may help. Or even, telling that worry bug to run away might help. But I hope (And everyone else does too) that your worry will soon go away. Everyone has a worry, everyone struggles with one, and everyone has a worry bug. You're amazing! Remember that, strong worry warrior!

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