

### Why Do We Worry?

Have you ever wondered why we worry, or even panic, about some things that other people might say are “nothing to worry about”? Why do our mind and body tell us to worry?



Our brain and our body are pretty smart. We're born with certain **responses** or **reactions** that help keep us safe.

One example is hunger. It tells us that our body needs food for energy. We need to eat to be healthy and keep living! But sometimes we feel like eating even when our body isn't really hungry. Maybe the food just looks really good and we know we'll enjoy it, or maybe we're just eating because we're bored. The basic hunger response works, but it's not perfect.



Our **response to danger** is also pretty good, but it's not perfect. Sometimes the things we fear might not be dangerous at all—we may imagine that a thing is much more dangerous than it really is.

For example, some kids worry about getting a shot because they think it will be really painful. But most of us know that needles only hurt a little, and shots can help us a lot. Another example is clowns—some kids have a fear of clowns, even though they aren't a threat at all. Can you think of any other examples of things we worry about that aren't really dangerous?



### How We Deal with Danger: Fight, Flight, Freeze, and Beyond

Our mind and body have some smart ways to DEAL WITH DANGER! These are called the 3 Fs:



1. **Fight:** stay and defend, or stand up for, ourselves
2. **Flight:** get away from (or flee) the danger quickly
3. **Freeze:** stay still and do nothing while our mind goes blank



The 3 Fs are our body's natural response to danger, but people have some other reactions when they are feeling scared and worried too! Turn the page to learn about them.

### *Worry*

Sometimes it can feel like worry just keeps picking on us and won't go away! It might bother us by getting us to think of things to be afraid of, or it might keep telling us about all the things that could possibly go wrong. We might even imagine that worry is a nasty character, maybe a monster, that keeps pestering us! But the good news is, we can use our imaginations to help us **stand up to worry** when it's not being helpful.

**Imagine what worry might look like and draw it here. It can look like anything you want—a person, a monster, or any type of creature you can think of. You can even name it if you want to!**

### *Standing Up to Worry*



**What are some things you could say to stand up to worry? Write down some of your ideas in the word balloons. Then, use your imagination to practice standing up to worry when it picks on you.**