

How to bust the Worry Warts

Some kids are cool as cucumbers and calm in nearly all situations.



Other kids worry about normal everyday things that most people would worry about. They worry about things like tough exams.

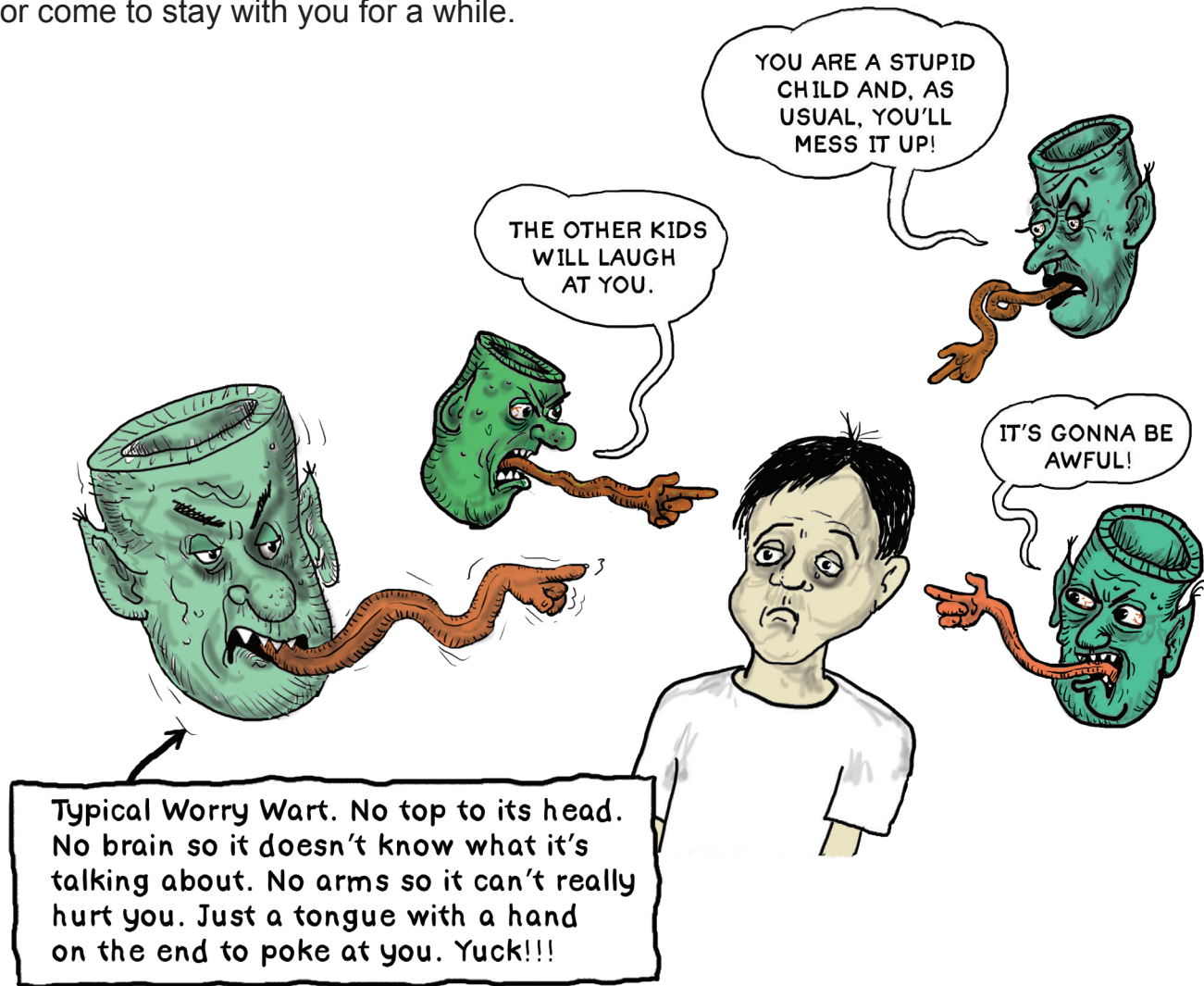


Many kids worry about doing something new or really important like going to a new school.

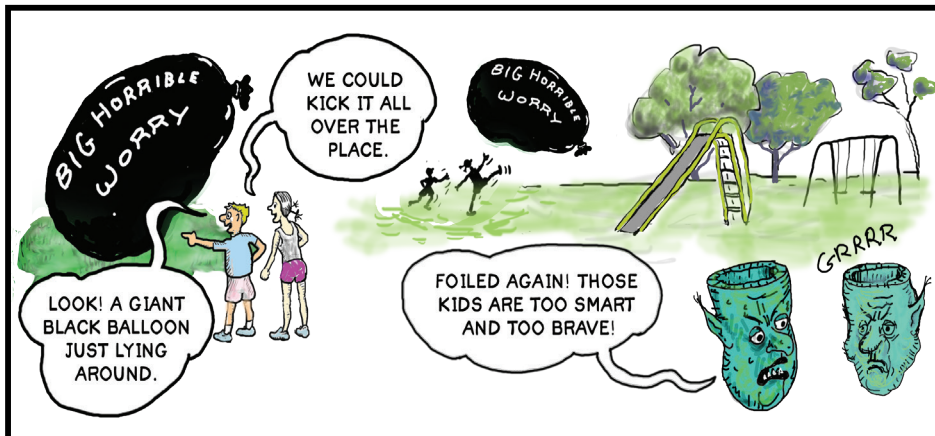
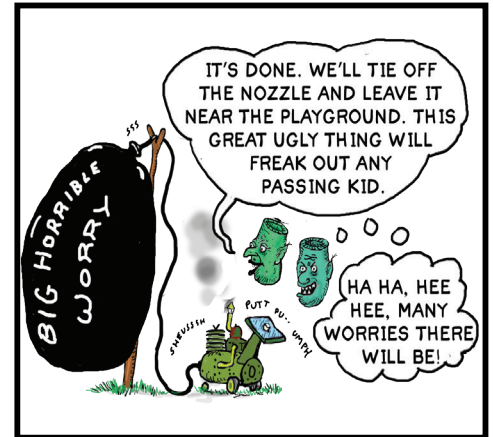
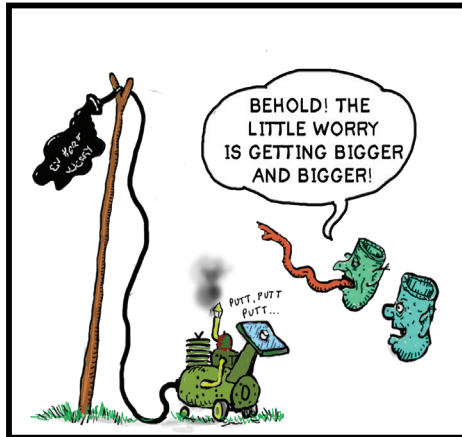
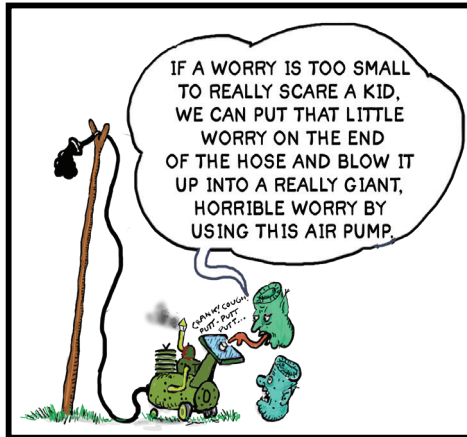


This kind of worry helps by making you better prepared or helps you work harder to do well. But some kids worry way too much about things that are not worth worrying about. It's like they have Worry Warts whispering in their ears, telling them they should be worrying about **everything**.

These Worry Warts visit or stay with some kids from time to time. They might have visited you or come to stay with you for a while.

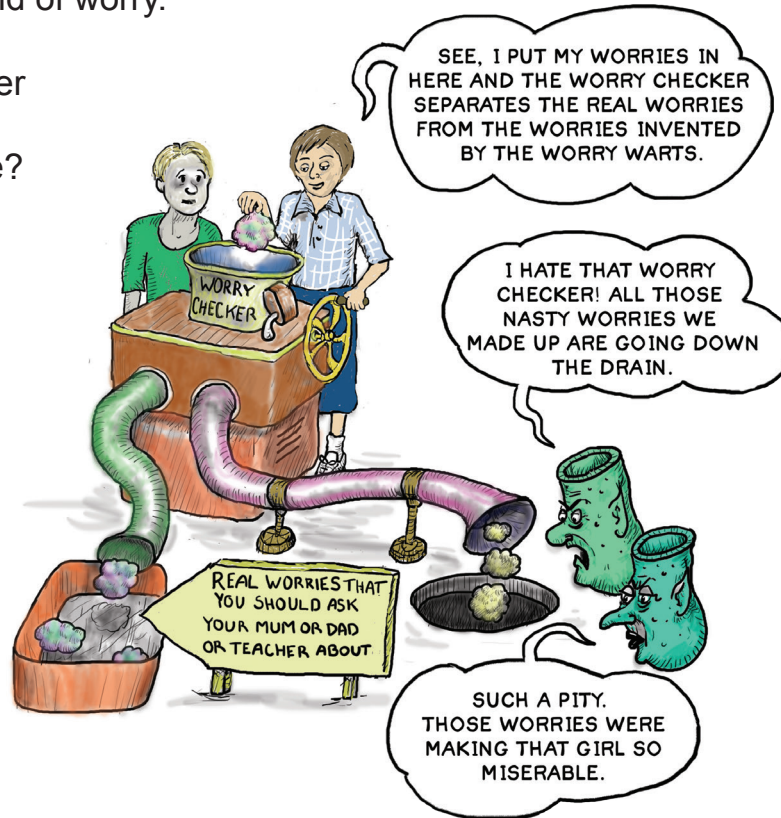


THE HORRIBLE BLACK BALLOON



By listening to you and talking with you about your worries a counsellor can teach you how to build a Worry Checker in your mind. Using the Worry Checker will help you think clearly so you can deal better with any kind of worry.

You work the Worry Checker by asking yourself, "Is this worrying thought really true? Does it really make sense or is it just rubbish put in there by the Worry Warts?"



There are many methods of calming yourself down, chasing the Worry Warts away and building up your confidence about doing new and interesting things. Here are some of them.