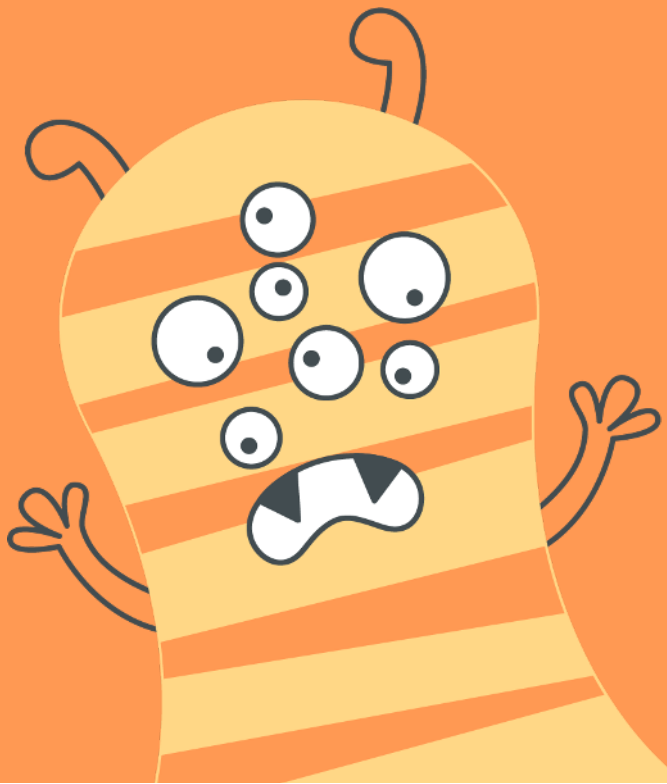
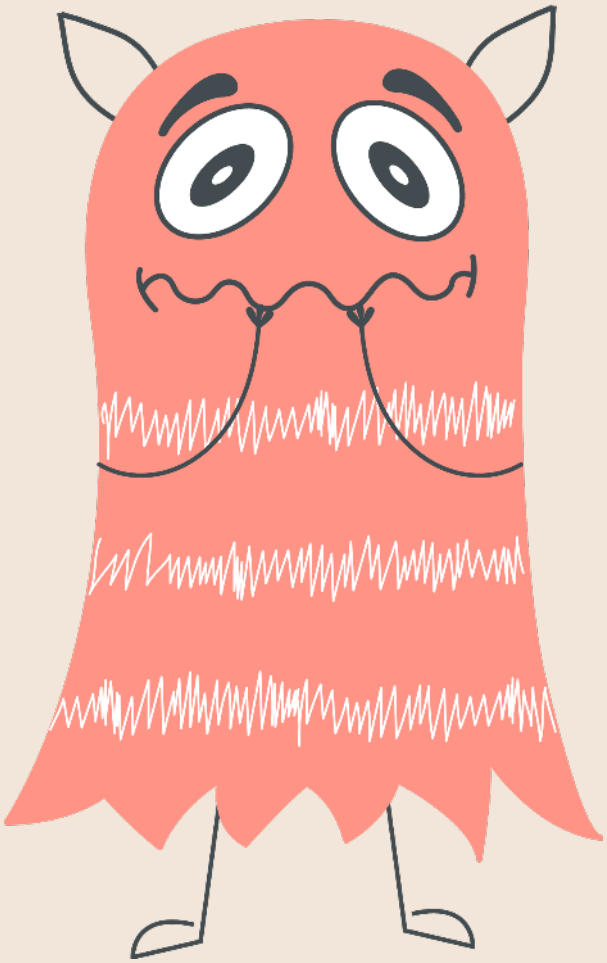
WHY DO I WORRY?



Everyone worries, that’s part of being human.



Worries are thoughts in our head that we often can't control.

There are two types of worries.

1. Worries that are real and are happening right now. These are worries we can do something about.

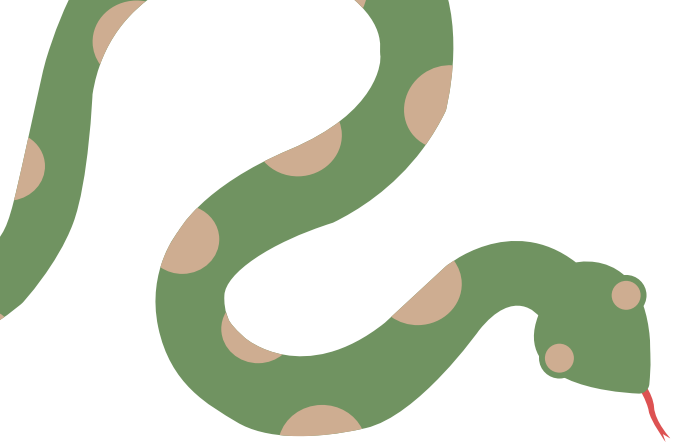
2. Worries about things that *might* happen that could harm or upset us.

Not everyone feels these types of worries, and worry can make everyone feel differently. It's important to remember, however you feel is normal.

Worries help to keep us safe.

Some things you may worry about are:

Doing well in school
Being liked by your friends
Your family
The dark
Going to the toilet
Being away from home
Spiders
Getting hurt



Many, many years ago, worry came in handy when we lived in scary places like caves and jungles.

By helping us to find things around us that could harm us.

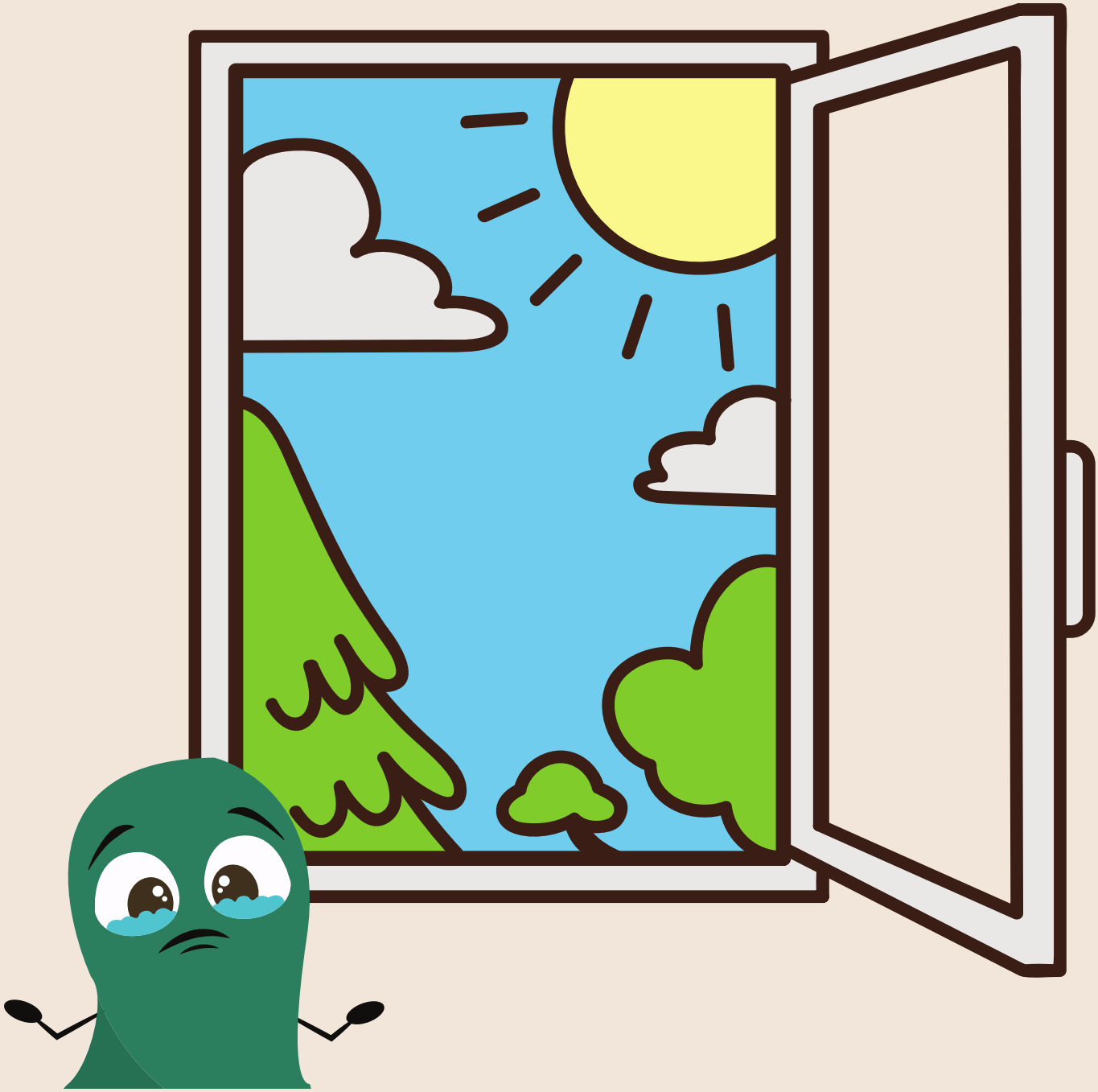
Back then, worry allowed us to react very quickly to something dangerous.

Such as a snake, or a lion!

It prepared our bodies
so that we were able
to quickly run away.

Today, our minds still act like we live in those dangerous places even when we're safe in our homes.

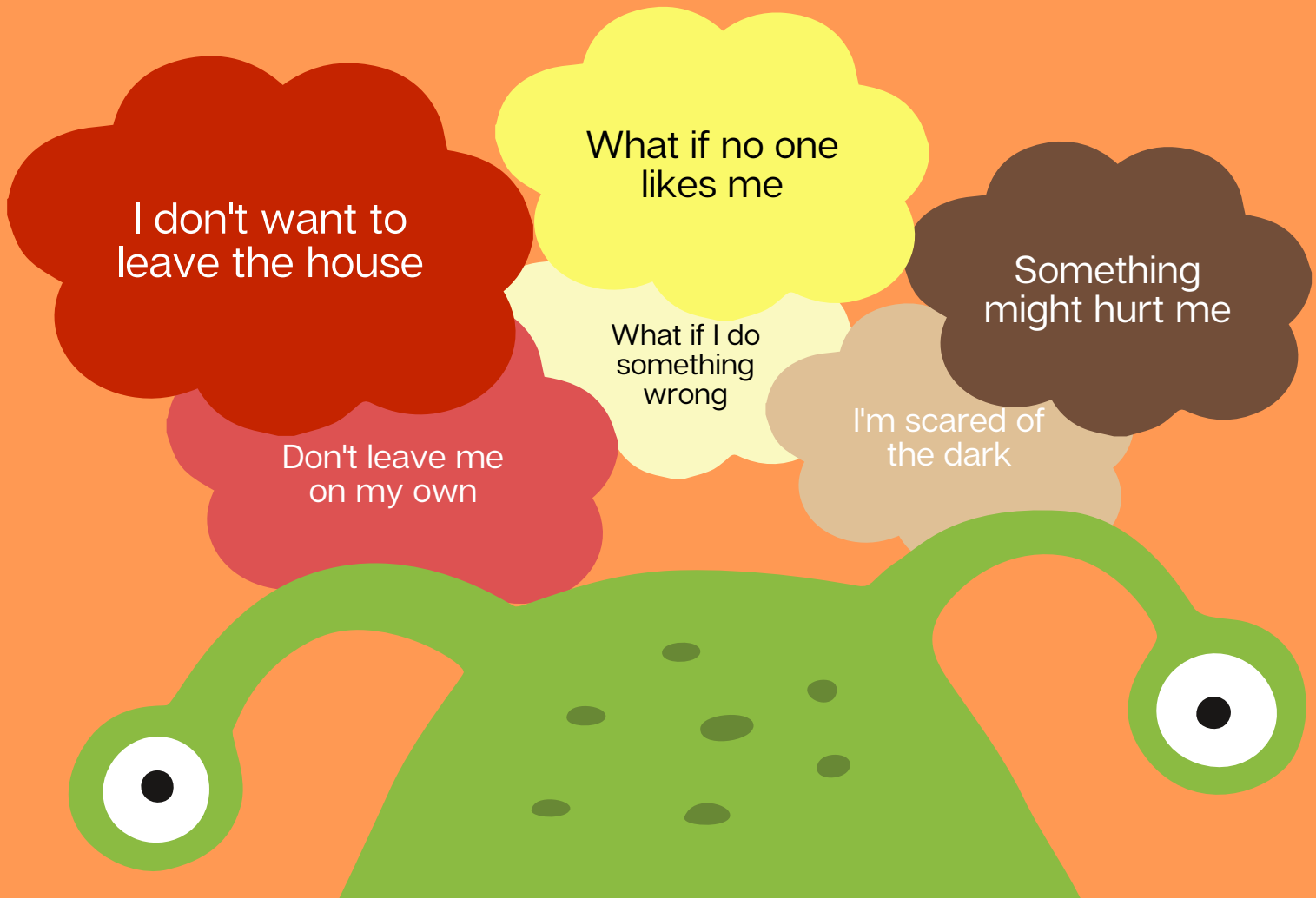
Our brains are always on the look out for things that can harm us.



Some people may think like this all the time, even when they are somewhere safe.

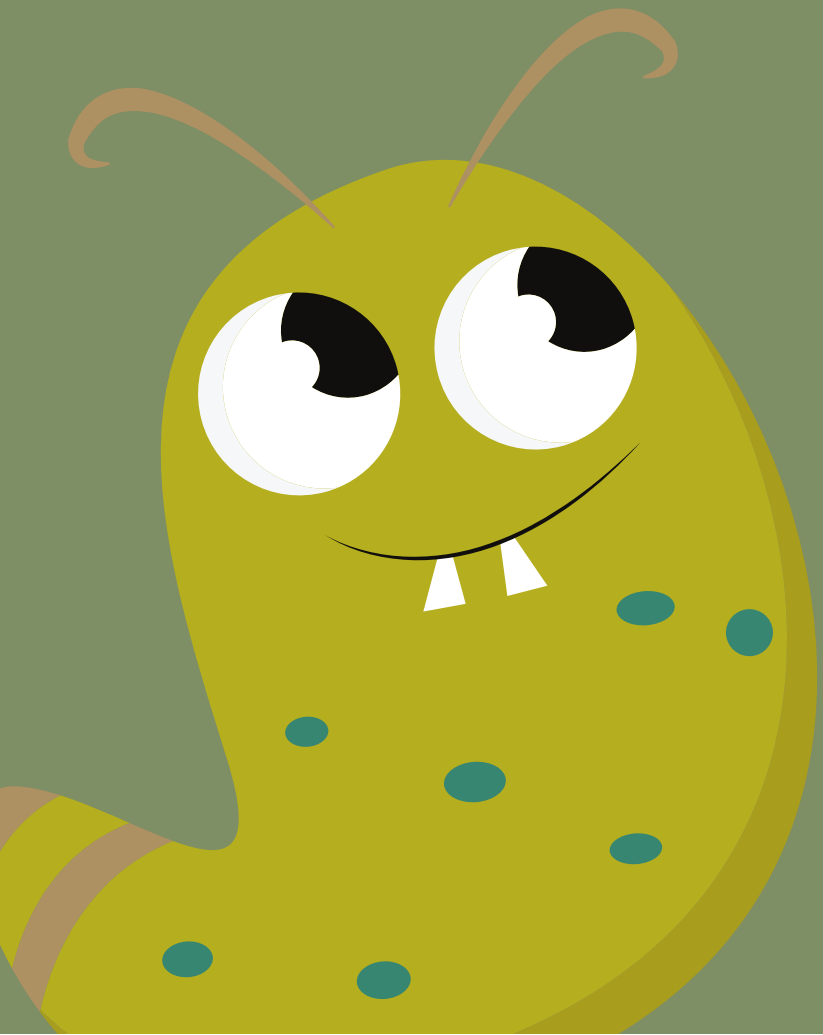
People who worry too much can have something called anxiety.

This is when worrying starts to affect your life and how you feel.



It's important to let a grown up know if you think you are worrying too much. For example, if worry keeps you awake at night.

Remember, everyone worries from time to time. That’s part of being human - or monster!



QUESTIONS TO ASK:

What do you worry about?

Give the child time to tell you what they worry about and talk through how this worry affects them using the questions below.

How does worrying make you feel?

Talk about the emotional impact, such as feeling scared or worried, and the physical symptoms too - feeling sick, hot etc.

How does your body feel?

Talk about the physical symptoms such as fast heartbeat, feeling breathless, sweating, feeling hot.

What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

What should you do if you are worried?

Talk to a grown up they trust.

Document reviewed by Dr Mairead Hughes, June 2022. Next review date June 2024.