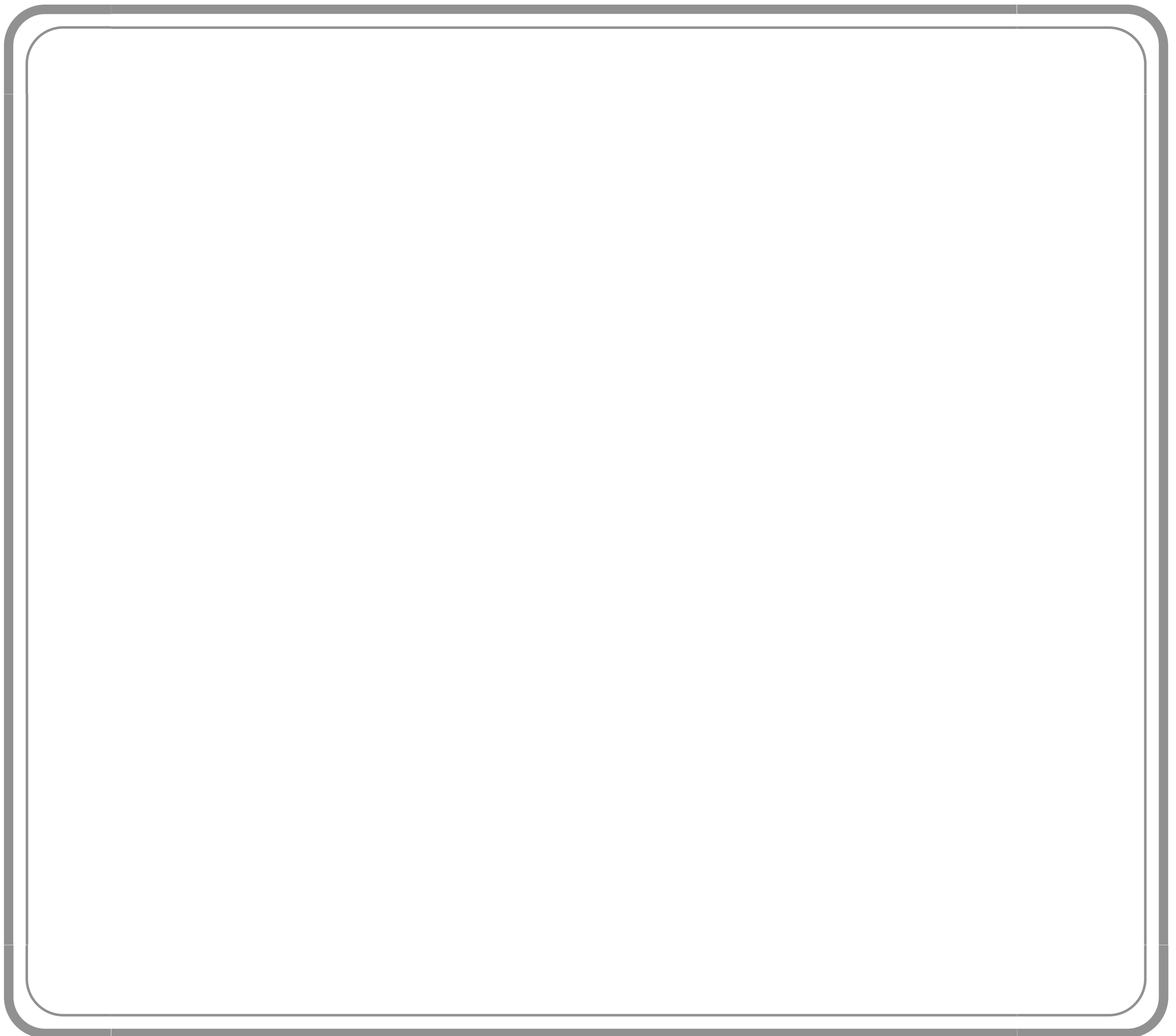


## What is a worry?

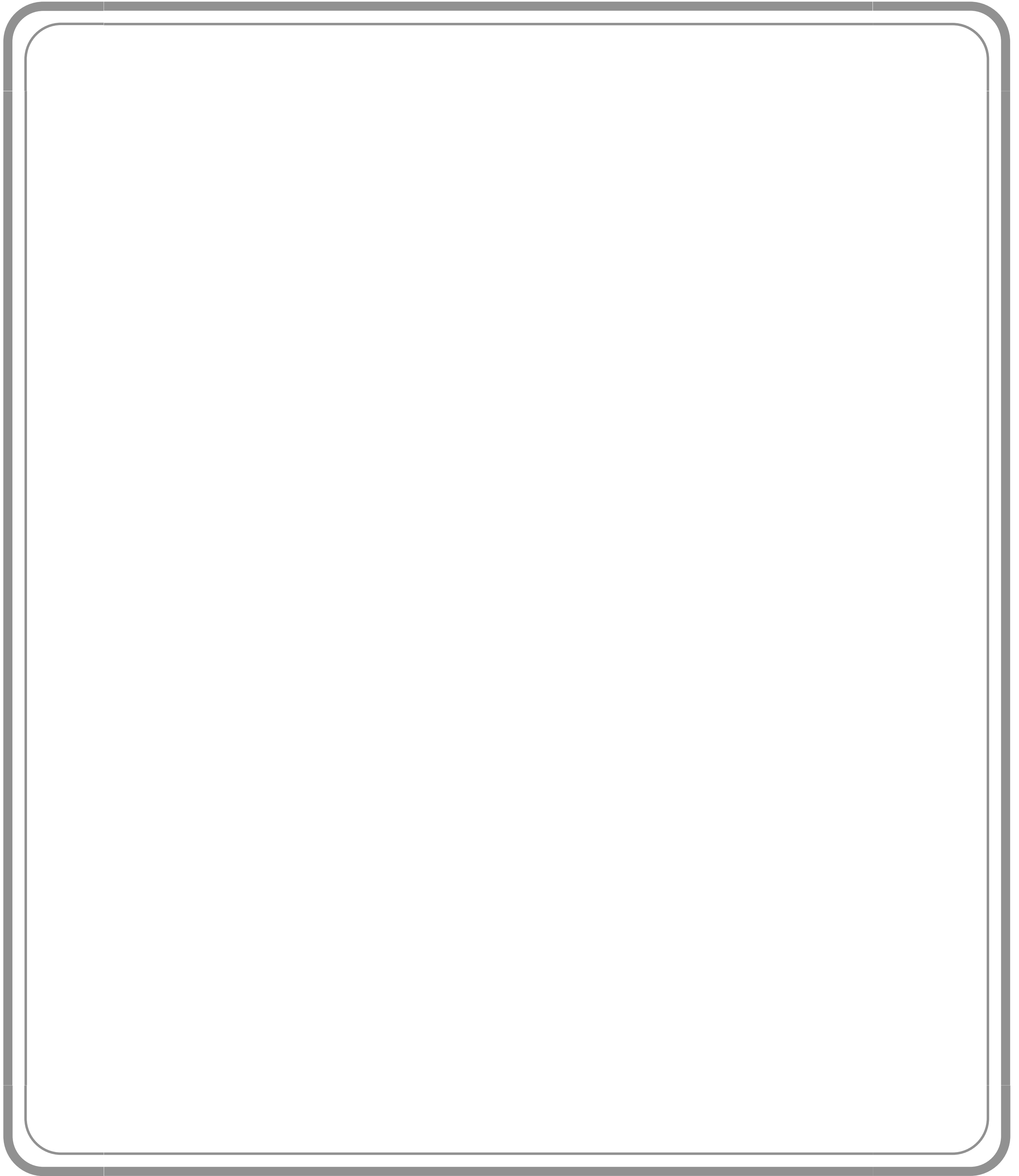
People who worry a lot are said to be nervous, anxious or stressed. A worry is a thought that upsets you or makes you feel bad. There are worries that make sense, for example before a spelling test. But lots of worries don't make sense, for example worries about monsters that don't exist.

Even a worry doesn't make sense to other people, it's real to the person who is feeling it. Some worries go away but others just go on and on.

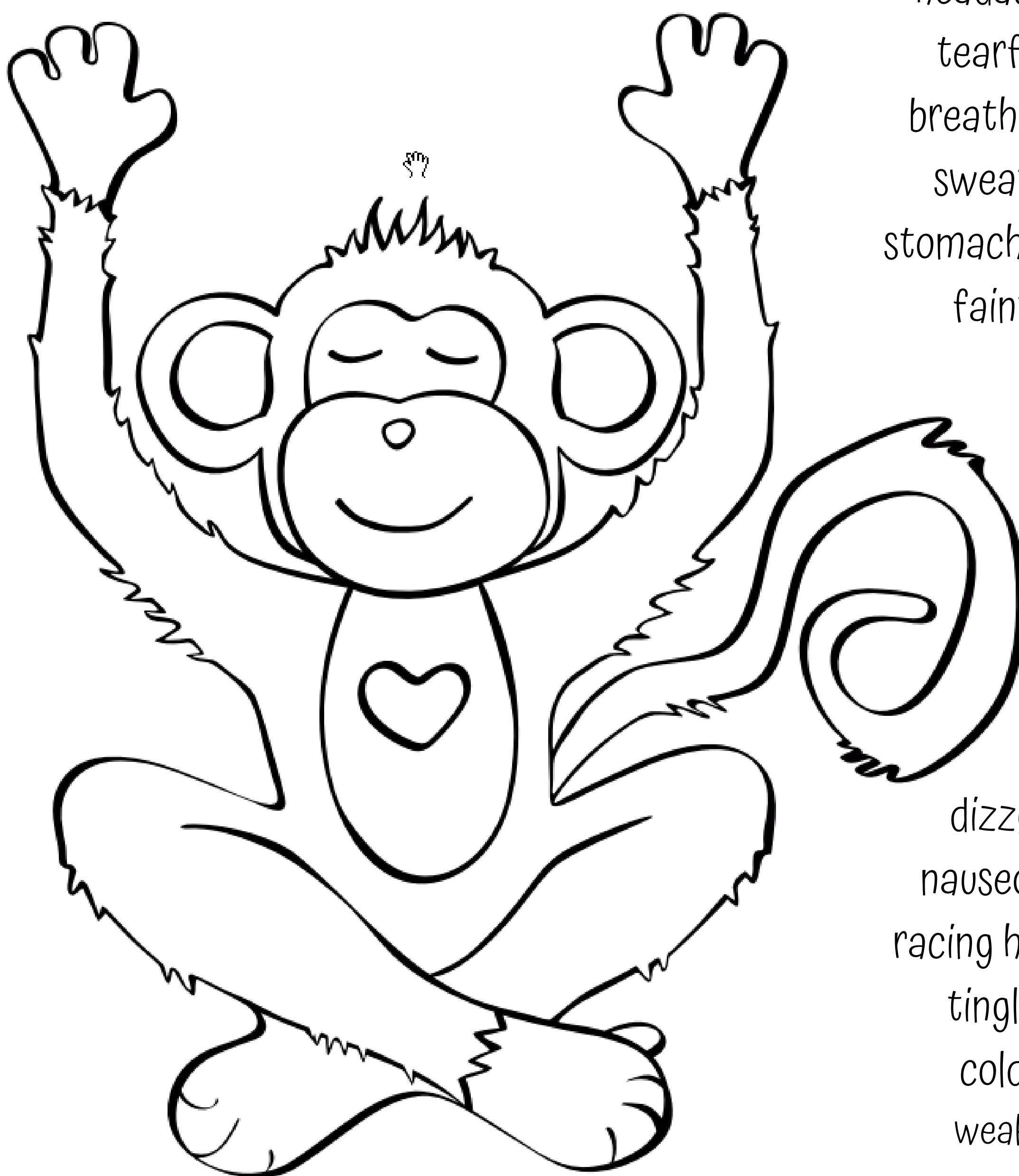
**Draw your own worry that you get stuck with.**



Did you know that worries are like a fruit tree that you can grow? Draw your own worry tree. Each fruit is a different worry.



Some people think that worries are only in your head but we know that worries can make your body feel bad. Worries can make your stomach hurt or your heart to pound. What colour is your worry? Where do you feel it in your body? Draw it with coloured pencils.



headache  
tearful  
breathless  
sweaty  
stomachache  
faint

dizzy  
nauseous  
racing heart  
tingly  
cold  
weak