It's Ok to Feel Worried

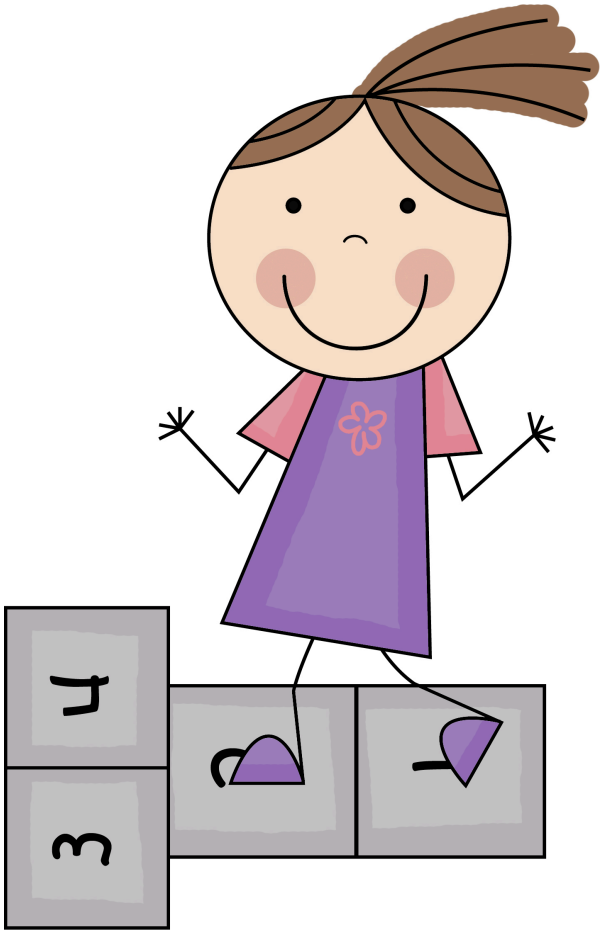


By: Andrea Crone

Sometime you might worry that you will not be able to do something in school.



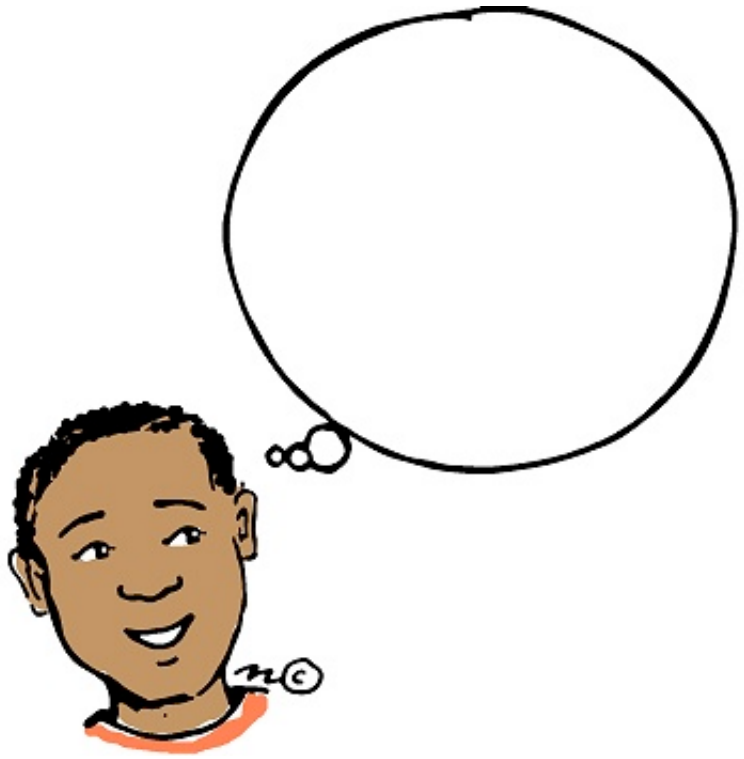
Sometimes you might worry that you will not have anyone to play with or that you do not have any friends.



Sometime you might worry if you have a new teacher or there is a change in your classroom.



When you are worried, you might feel anxious, nervous and upset.



Your body might do strange things when you feel worried. Your stomach might feel upset. Your muscles might feel tense. It might be hard to sleep.



It is ok to be worried. You can make yourself feel better by talking to someone about what is worrying you.



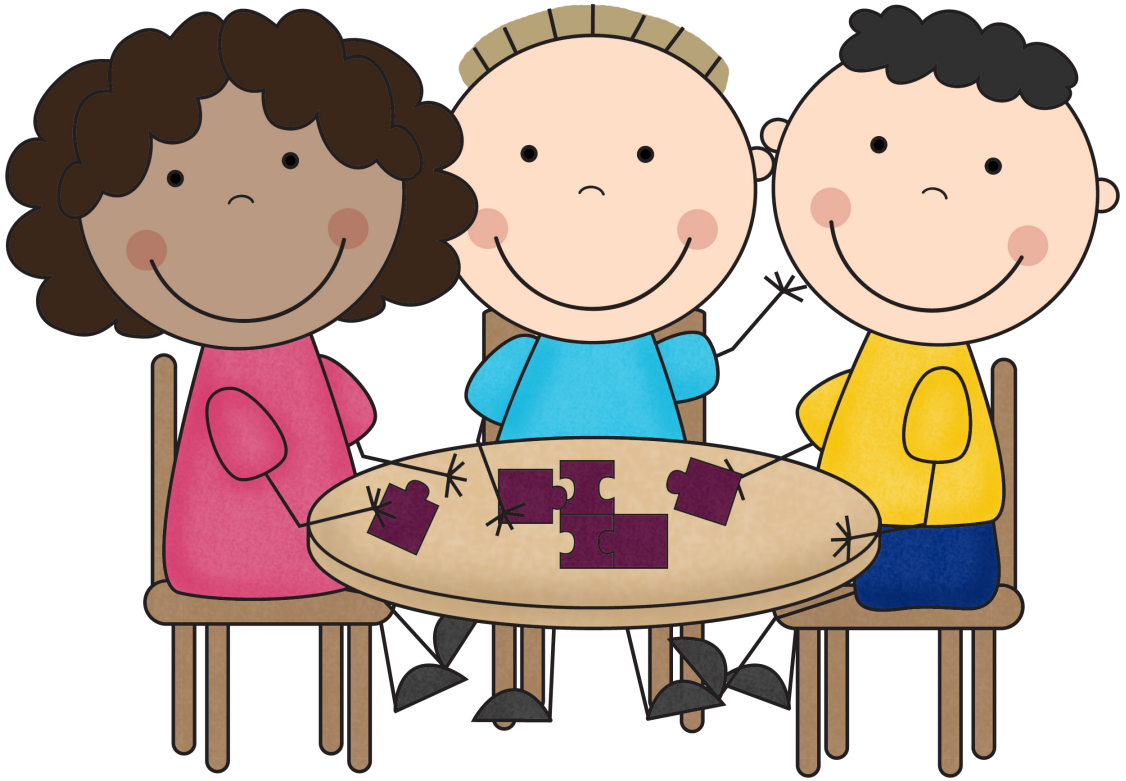
Tell someone how you feel and ask them questions. The more you know the facts about something the less likely you will be to worry about it.



If you are still worrying about something, slow down and relax. Lie flat on your back and take several deep breaths and slowly count to ten.



Sometimes it helps to think fun thoughts or do fun things.



Remember that everyone worries sometimes. Worry is okay. Just try to do things that will make you feel better whenever you feel worried.

