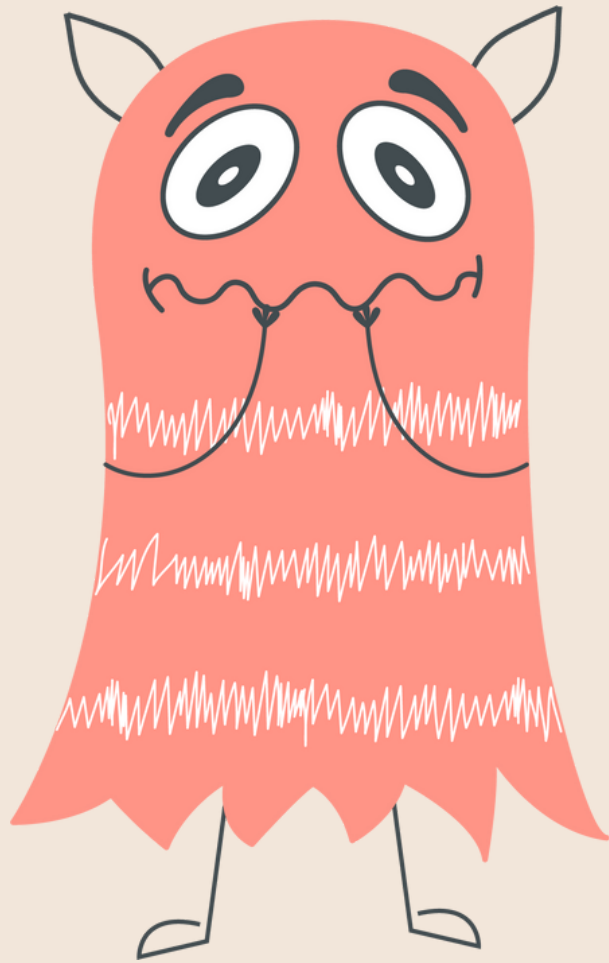




WHY DO I WORRY?



Everyone worries, that's
part of being human.



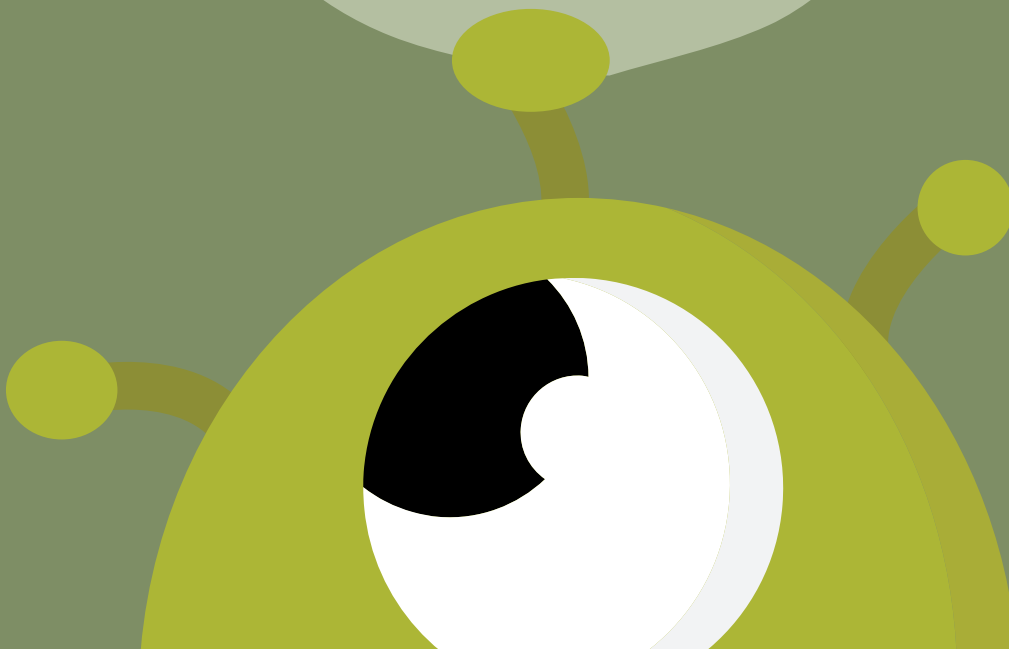
Worries are thoughts in our
head that we often can't control.

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

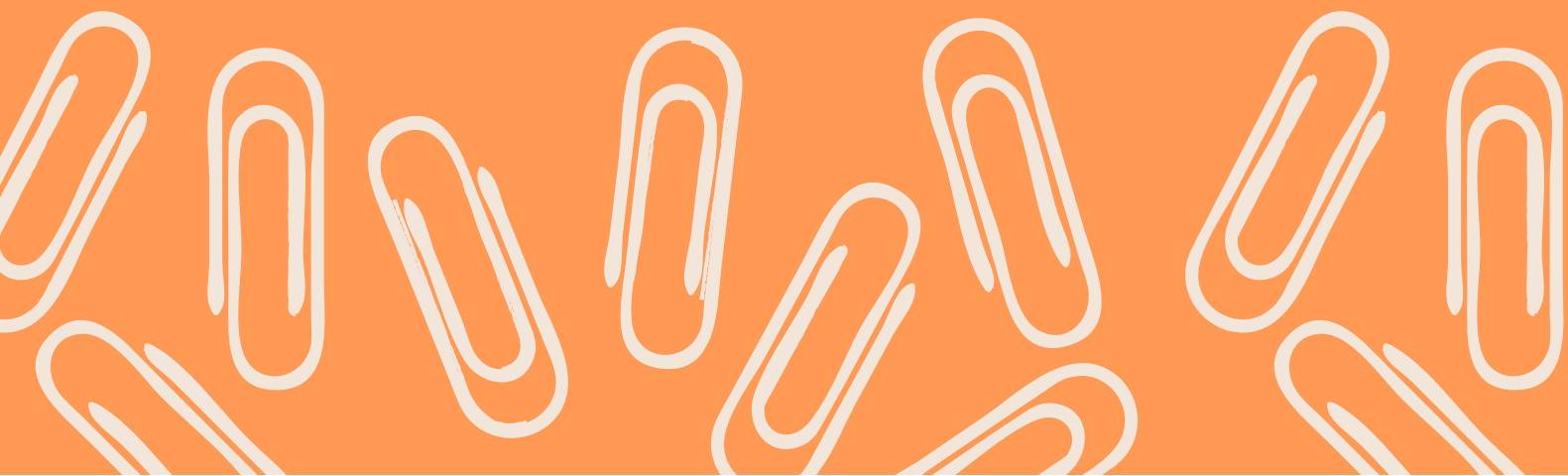
The dark

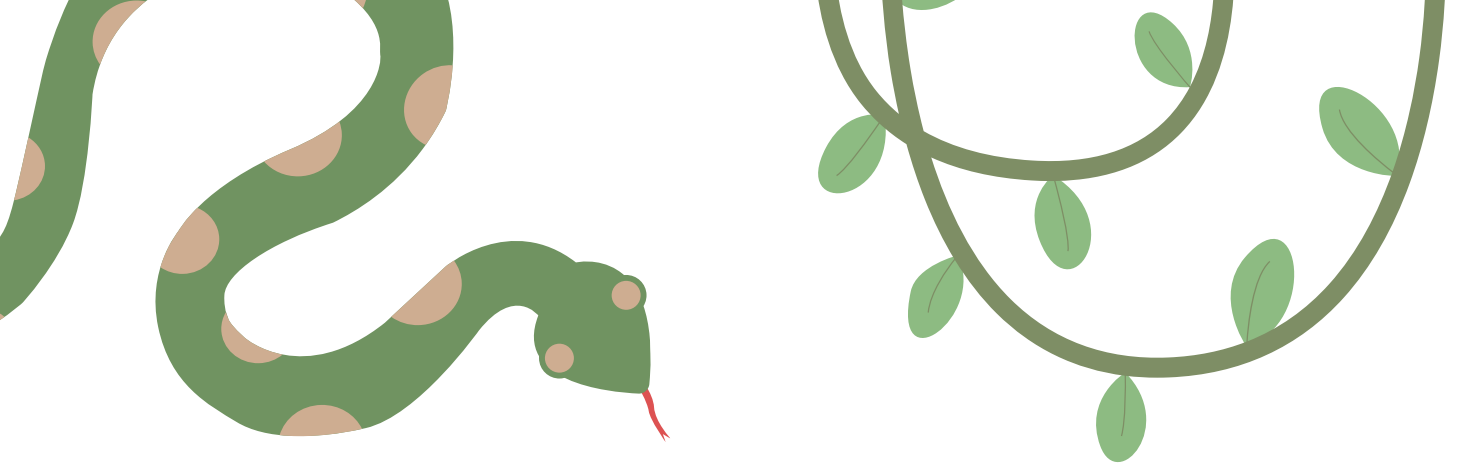
Going to the toilet

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.

