

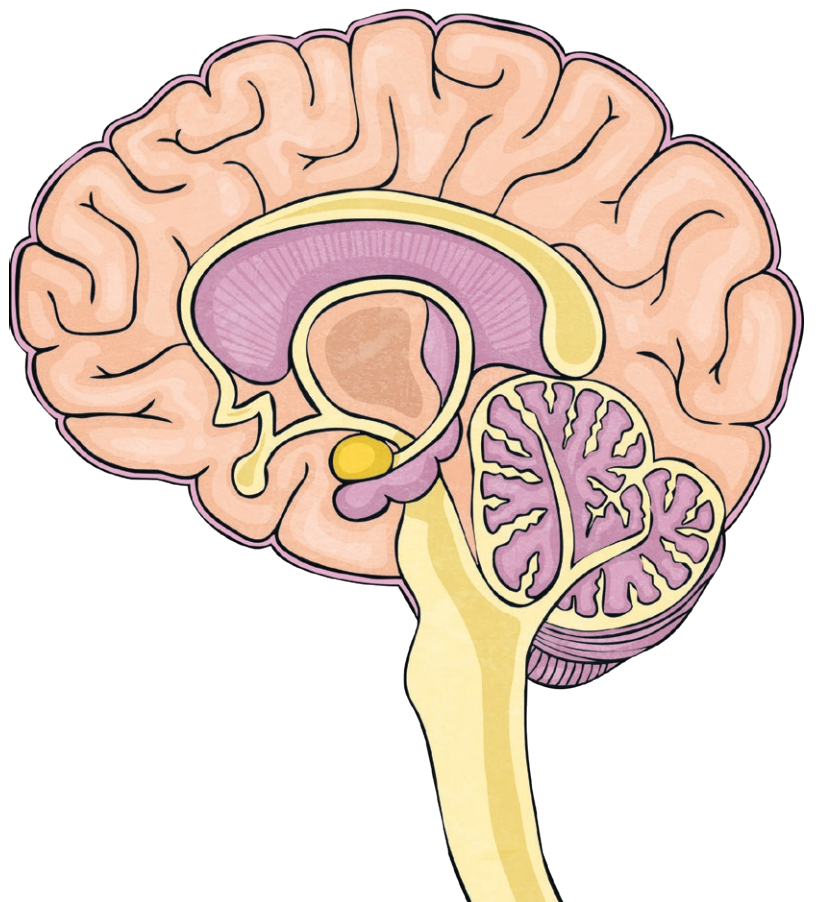
What Does Your Mind and Body Do When You Are Worried?

A worry is something that makes you anxious or nervous. Adults are more likely to ask you 'what is worrying you?' You may have small worries or big worries.

A small worry might be around taking a maths test in school which causes you to feel worried or sad for a short amount of time. For example, you start to think about the test on Sunday night and you then think about it again on Monday morning.

A big worry may be around your parents separating and going to live in different houses. This may cause you to worry for several days or for longer periods of time.

Just because some worries are bigger than others, it doesn't mean the smaller ones aren't important. If you have lots of small worries they can cause as many negative feelings as one larger problem.



When You Are Worried about Something What Does Your Mind Do?

Write what your mind does when you feel worried.



What Does Your Body Feel like When You Are Worried?

Write or draw how you feel when you are worried.

