Learning about Worries & Anxiety

Topics Covered:

• Defining Worry, Anxiety & Stress
• Your Brain and stress
• Body Signals for Worry & Anxiety

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FIRST.....Let’s learn.....

what some words mean.....
Worry...

...is an uncomfortable feeling where you think about something bad that might happen.
Anxiety...

...is being worried *a lot of the time*
causing you to have trouble learning, having fun, and sleeping.
Stress...

..is the **physical or emotional** strain on your body from worry or anxiety.

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Wilma Jean...The Worry Machine....

What was Wilma worried about?

What signs of STRESS did Wilma show?

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Reference: Wilma Jean, the Worry Machine, by Julia Cook.
Stress & your Brain

The Feeling & Memory part of your brain (inside the middle)

The THINKING part of your brain (outside covering)

Brain Stem (keeps you breathing and your heart beating)
Stress & your Brain

See scary danger!!

Fear!
Your Amygdala tells you to RUN!

Not thinking…just run away!

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If we **freak out** when we are **afraid or worried**... our middle brain takes over!

We either.....

**Flight**

**Fluster**

**Freeze**

**Flock**

**Fight**
Hear thunder!!

Your “Thinking” Cortex

It’s Ok…your thinking cortex tells you it is only a thunderstorm. No need to run

You stay calm
Which one do you want?

Worry & Stress can do this....

Or, Worry & Stress can do this...

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In Social Skills....we learn how to use a....

Calm, Thinking response.

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