

TAME YOUR WORRY BRAIN

Tame your worry brain Week 3

Liar, liar, pants on fire - is my worry brain telling the truth?!

Dear Adults,

Have you got a child who worries; a child who has tummy aches or headaches when they are due to do something that they find difficult; a child who avoids certain situations because they worry too much about them; or a child who occasionally feels overwhelmed and needs help to cope?

This tool was created to help your child understand what happens to them when they feel worried. It is also meant to empower children with tools to help themselves when they worry and feel overwhelmed. Most primary aged children struggle to do this by themselves – they need you to help them.

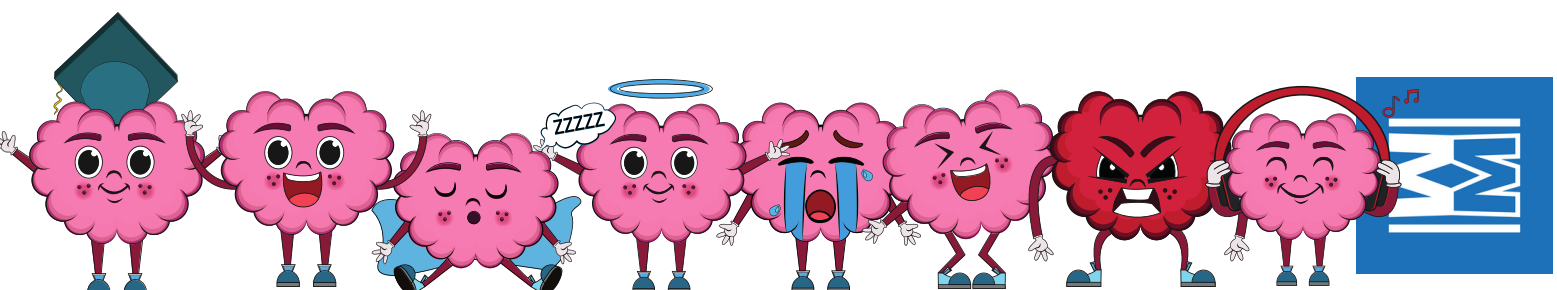
To do that please:

Read each instalment of the programme to them or encourage them to:

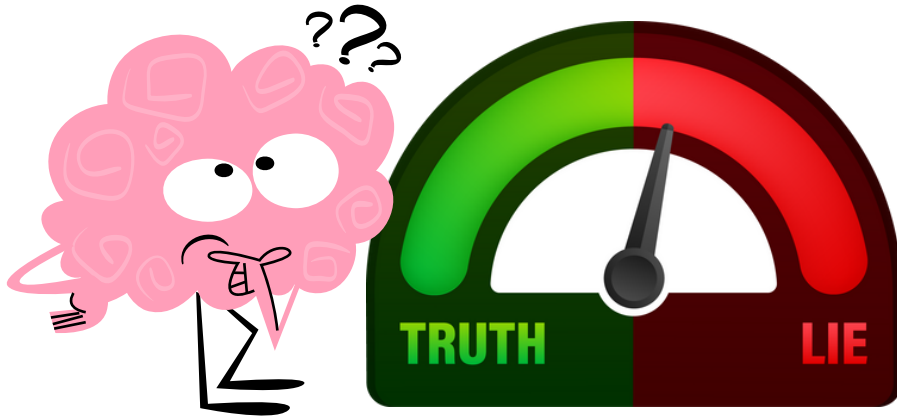
- Read it to you (there will be 6 instalments so brace yourselves)
- Help them with activities;
- Regularly draw attention to new things learned; and,
- Share your thoughts/drawings/progress/feedback with us via email marijana@move-more.org or via our social media @movemorecio

Your children will need different degrees of help with this – adjust language and level of activities to suit your child. At the end of the process, all families that take part in the programme and share their activities with us will get another free tool to use with their children. And on top of that, one family will get a chance to speak with Marijana Filipovic-Carter, our Family Engagement and Support Lead, and discuss any issues specific to their child.

Last time I shared some ideas for you to notice when your worry brain is talking to you and some ways to help yourself feel calm when worry brain is talking. Thank you so much for trying those ideas out and sharing your experiences with me. I am so impressed with your determination to tame your worry brain!



LIAR, LIAR, PANTS ON FIRE - IS MY WORRY BRAIN TELLING THE TRUTH?!

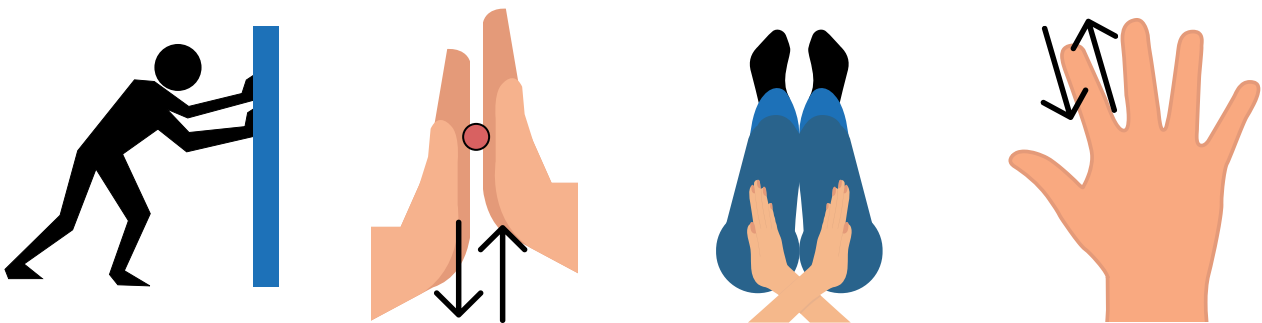


You now know that all your worry brain wants to do is keep you safe. So, when your worry brain tells you that you can't fall asleep without your parents or that you need to move away because a ball will hit you – it is trying to keep you safe.

But worry brain doesn't always know the difference between a real danger and pretend danger. This is why your worry brain sometimes tells you that you are in danger when you are not, that you are not safe when you are perfectly safe.

This happens because when your worry brain tells you that you are unsafe, it switches off your smart brain (remember pre-frontal cortex?) and you find it hard to tell the difference between what is likely to happen or not and to make good decisions.

The trick here is to first notice when worry brain is speaking to you, then to allow time to calm your brain – you have already learned how to do both in the previous weeks challenges.



We are now moving to the next step – fact-checking your worry brain. To learn how to do this complete this week's Tame your worry brain activities below. As always, let us know how you get on!



Worry Brain Activity

• Stand up to your worry brain and fact-check it: worry brain needs to be challenged or it will keep thinking that it is right in trying to keep you safe when you are already safe. Use this worry brain fact-checker questions to learn how to challenge your worry brain.



How about
your teacher?
Would they
agree with it?

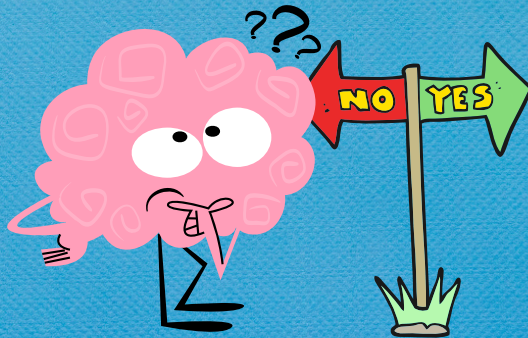


What would your best
friend say to this worry?
Would they agree with
the worry brain?



How true/likely it is
for this to happen?

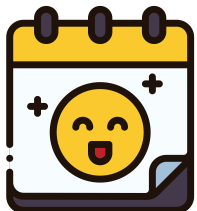
*(For example, your
parents always come
back to pick you up – why
wouldn't they this time?)*



What would your
favourite book
character (or sports
person) say to this
worry? Would they
agree with it?

- If you decide that worry brain got a bit carried away and that you are perfectly safe, you can say to your worry brain “Thank you worry brain for trying to keep me safe, but I am absolutely fine now.” To make it easier to do this when you are worried, make sure that you practice it when you are calm first.
- If you think that worry brain is telling the truth, the best thing to do is speak to an adult – they should be able to help you.

Create your own worry brain fact-checker and share it with me marijana@move-more.org and/or on social media by tagging [@movemoreCIO](https://twitter.com/movemoreCIO) We are looking forward to seeing it!



before you go!

Before you go! Although sometimes it feels that you must worry as soon as you start to feel your worries, most worries can be left for another time. Next week we will be teaching you how to “postpone” your worries.

