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# What Is Worry?

Worries are unpleasant thoughts that you can't get out of your head. They're like annoying bugs that keep buzzing around and won't leave you alone.

When you worry, your body goes through a number of changes. These changes can be uncomfortable, and for some people they're scary.

It's normal to have worries—everyone has them from time to time. It's only a problem when your worries get in the way of other parts of your life, or if they make you unhappy. What do you worry about? Circle at least three of your worries from the lists below:

**Circle each of the worry symptoms that you've experienced:**

 <b>Family</b> Arguments or fights Upsetting family Family's safety Getting in trouble Sick family member	 <b>School</b> Following rules Grades Presentations Homework Tests
 <b>Friends</b> Fitting in Making friends Being teased What to talk about Bullies	 <b>Other</b> Getting hurt Being embarrassed Appearance Money



Fast heartbeat



Sweating



Feeling sick



Shaking



Feeling hot

The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice. Is there anything you already do that helps you control your worry?

To control my worry, I...

.....  
.....  
.....

A HEALTHY YOU