

# Our World




and



# My World

Worry and Anxiety

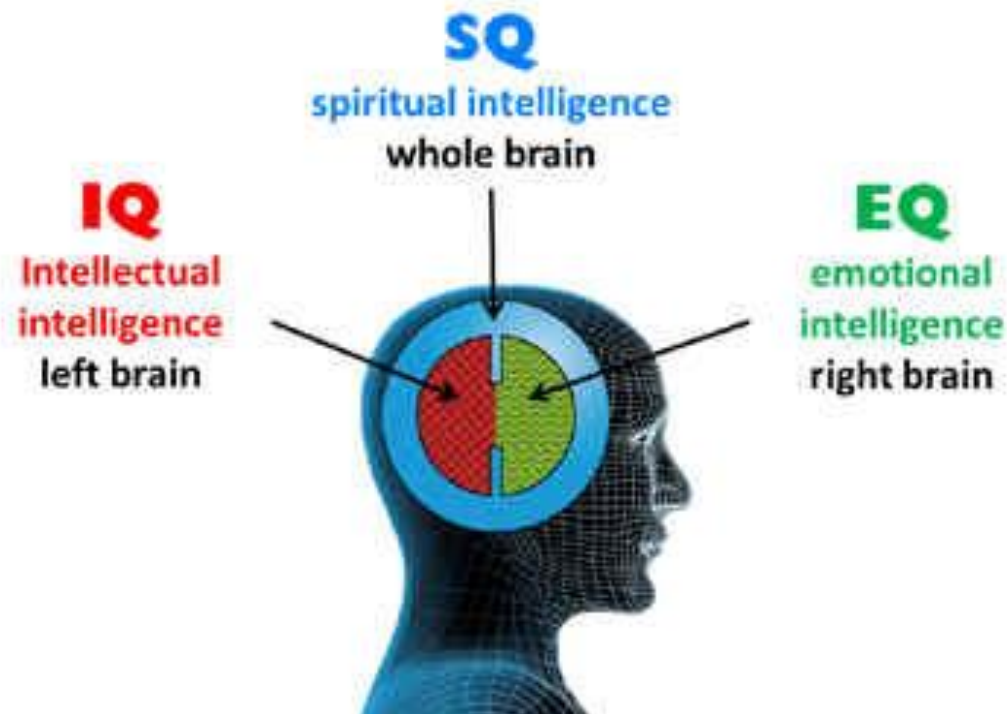


"Educating the mind without  
educating the heart is no  
education at all."

Aristotle



# We are learning about the emotional intelligence – worry!



# Why Worry?



- Worry response is normal
- It gets you ready for ACTION!
- Everybody has worries
- Some are big and some are small

# Fight or Flight



- Normal responses to feelings or events for survival!



# What you see... and what you don't



What do you think can affect someone's mental health?

# What worries you?





# How do you respond to worry?

1. Ignore it!



2. Panic!

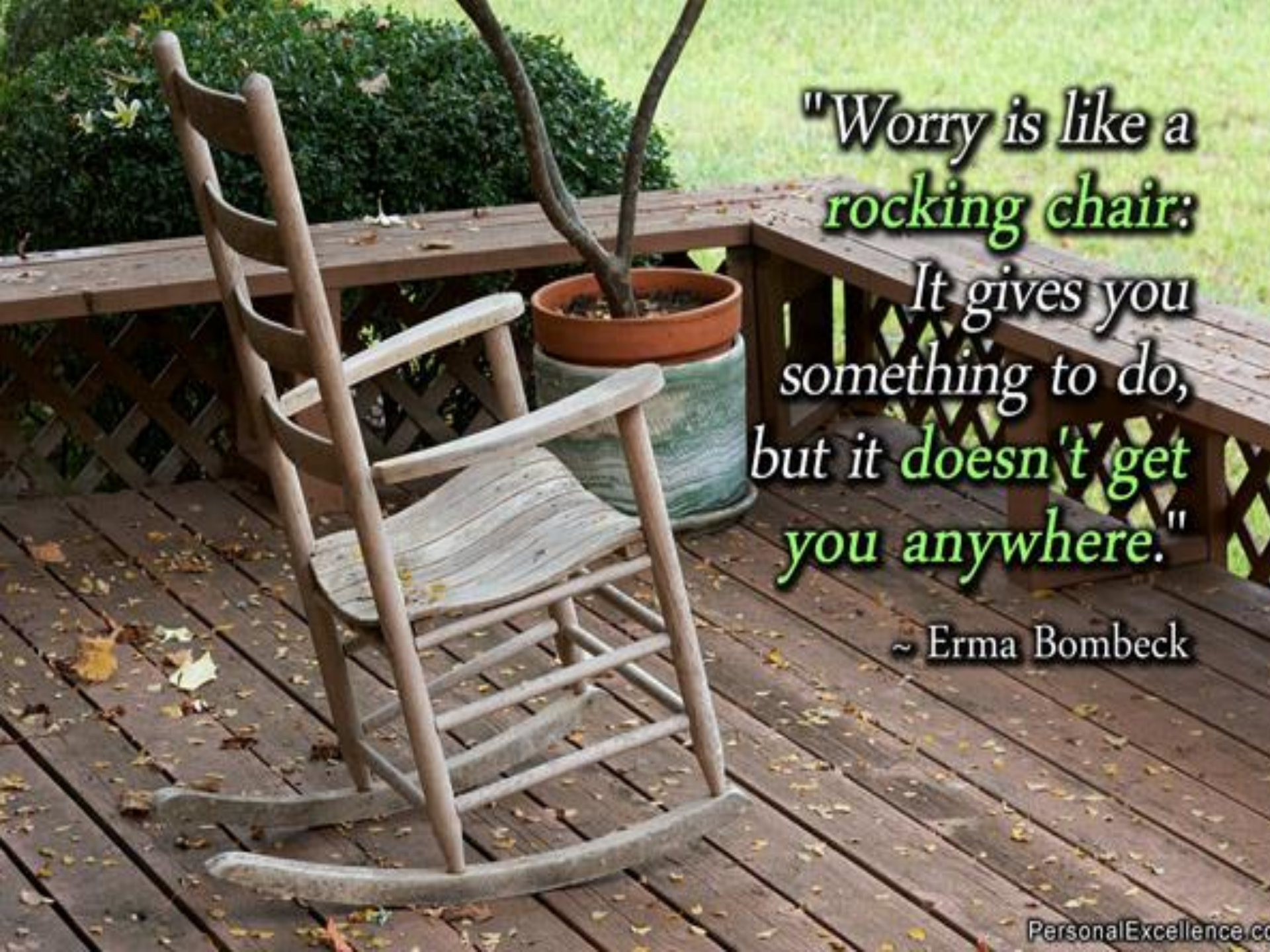


3. Hide your feelings



4. Not a problem



A wooden rocking chair sits on a wooden deck. In the background, there is a potted tree in a terracotta pot on a green base. The deck has a lattice railing. The scene is outdoors with greenery and a lawn visible in the background.

"Worry is like a  
rocking chair:

It gives you  
something to do,  
but it **doesn't get  
you anywhere.**"

~ Erma Bombeck

worrying won't stop  
the bad stuff from happening  
it just stops you  
from enjoying the good.



[Facebook.com/Happysmiles](https://www.facebook.com/Happysmiles)

# The Worry Chart

**40%** of all things we worry about **never happen**

**30%** have **already happened** and we can't do anything about them

**12%** needless worries about health

**10%** petty miscellaneous issues

**8%** real worries  $\frac{1}{2}$  **we can do little about**, the other  $\frac{1}{2}$  **we can**

*I have spent most of my  
life  
worrying about things  
that  
have never happened*

Mark Twain

ShareVennet.com



# How to Manage Worry

(Increase your Emotional Intelligence)

## 1. Self Aware

Recognise your emotions and what your body is telling you

Take control... **'Thinking Slot'**

## 2. Think Positive

**I can handle it!**

Will you still worry about this in the future?

## 3. Talk

**Talk** through your worries with someone you can trust

# How to Tame My Anxiety Monster



Inspire Joy  
Publishing

Written and  
Illustrated by  
Melanie Hawkins

Worry is a  
misuse of  
imagination.

~Dan Zadra



How can we help?



## Live in our world.

Remember we are all unique and all have our own strengths and struggles.

By being kind and understanding you can help other people in our world.