

# Children Picture About Overcoming Anxiety For Kids Emotions Feelings For



**I Feel Anxious: Children's Picture Book About Overcoming Anxiety For Kids 4 8 (Emotions & Feelings book for preschool)** by Aleks Harrison

★★★★☆ 4.6 out of 5

Language : English

File size : 14235 KB

Screen Reader : Supported

Print length : 36 pages

Lending : Enabled



Anxiety is a common childhood problem, affecting up to 20% of children. While some anxiety is normal, excessive anxiety can interfere with a child's daily life and development. This book provides children with a simple and easy-to-understand explanation of anxiety, as well as tips and strategies for managing anxiety.

## **What is anxiety?**

Anxiety is a feeling of fear or worry that is often accompanied by physical symptoms such as sweating, shaking, or a racing heart. Anxiety can be caused by a variety of factors, including genetics, personality traits, and life experiences.

## **How can I help my child overcome anxiety?**

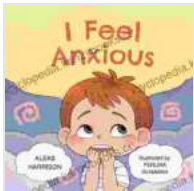
There are a number of things you can do to help your child overcome anxiety. First, it is important to understand that anxiety is not a sign of weakness or failure. Anxiety is a normal emotion that everyone experiences from time to time. It is important to help your child understand that they are not alone and that there are many things they can do to manage their anxiety.

Here are a few tips to help your child overcome anxiety:

- **Talk to your child about anxiety.** Help your child understand what anxiety is and why they are experiencing it. Explain that anxiety is a normal emotion and that it is nothing to be ashamed of.
- **Help your child identify their anxiety triggers.** Once your child understands what triggers their anxiety, they can start to avoid or manage those triggers.
- **Teach your child relaxation techniques.** Relaxation techniques such as deep breathing and meditation can help to reduce anxiety symptoms.
- **Encourage your child to exercise.** Exercise is a great way to reduce stress and anxiety.
- **Make sure your child is getting enough sleep.** When your child is well-rested, they are less likely to experience anxiety symptoms.
- **Avoid caffeine and alcohol.** Caffeine and alcohol can worsen anxiety symptoms.
- **Seek professional help if necessary.** If your child's anxiety is severe or is interfering with their daily life, it is important to seek professional

help. A therapist can help your child develop coping mechanisms and learn how to manage their anxiety.

Anxiety is a common childhood problem, but it is one that can be overcome with the right help and support. By understanding anxiety and learning how to manage it, your child can live a happy and fulfilling life.



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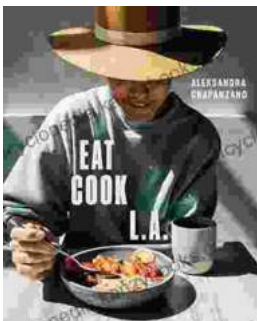
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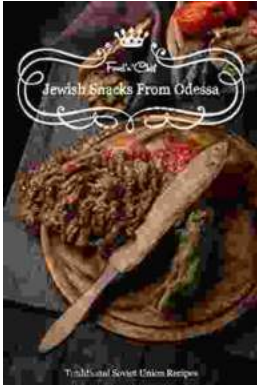
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