

Worry Family Questions

Today we explored worry and anxiety. We looked at what worry and anxiety are and the differences between them. We shared our own experiences of worry and anxiety and discussed how we feel when we are worried or anxious. In today's session we talked about how worry and anxiety can hold us back and what we can do to ease our feelings to help us move forward.



**I heard today's topic was about
working through worry...**

What kinds of things cause you worry?

**Do you think worry can be good for us? How?
Why?**

**What's the difference between worry and
anxiety?**

Tip: A great way to ease worry or anxiety is to get up and move. If your child/children are experiencing worry or anxiety this week, try going for a walk together. While you are out on your walk, talk about how they are feeling. Help them to see the situation from a different perspective and remind them how strong and capable they are. Let them know it's okay to feel worried or anxious, however it's also important to work through our feelings. Ask your child/children how they feel after the walk and share how light exercise makes us feel happier and more at ease. If you enjoy the walk together, make it a regular activity for the two of you to help reduce worry or anxiety.