



From Worrier to Warrior



Julie Washburn
Math TAG Specialist
Forest Creek Elementary
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The Worry Monster



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The Worry Monster

- The Worry Monster is a imaginary creature whose job is to make your child scared.
- The Worry Monster is a bully.
- It tricks us into feeling scared and worried.

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- “The Worry Monster is a bully who we think has a ton of power because he tricks us into thinking he is powerful.”
 - You can learn/teach your child to drive the Worry Monster away and be less worried and scared.

The Wizard Revealed

- “This scene from the Wizard of Oz is a good metaphor for the Worry Monster and how we are going to fight him.”

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- <http://www.youtube.com/watch?v=-RQxD4Ff7dY>

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- Worry is a natural response that helps us stay safe. Our brains send signals that there is a danger and our bodies respond by removing themselves from the danger. This is the body's trigger to send out more adrenaline. More adrenaline causes many side effects and the “fight or flight” response.

The Brain

The temporal lobes are involved in several functions of the body including:

Auditory Perception

Memory

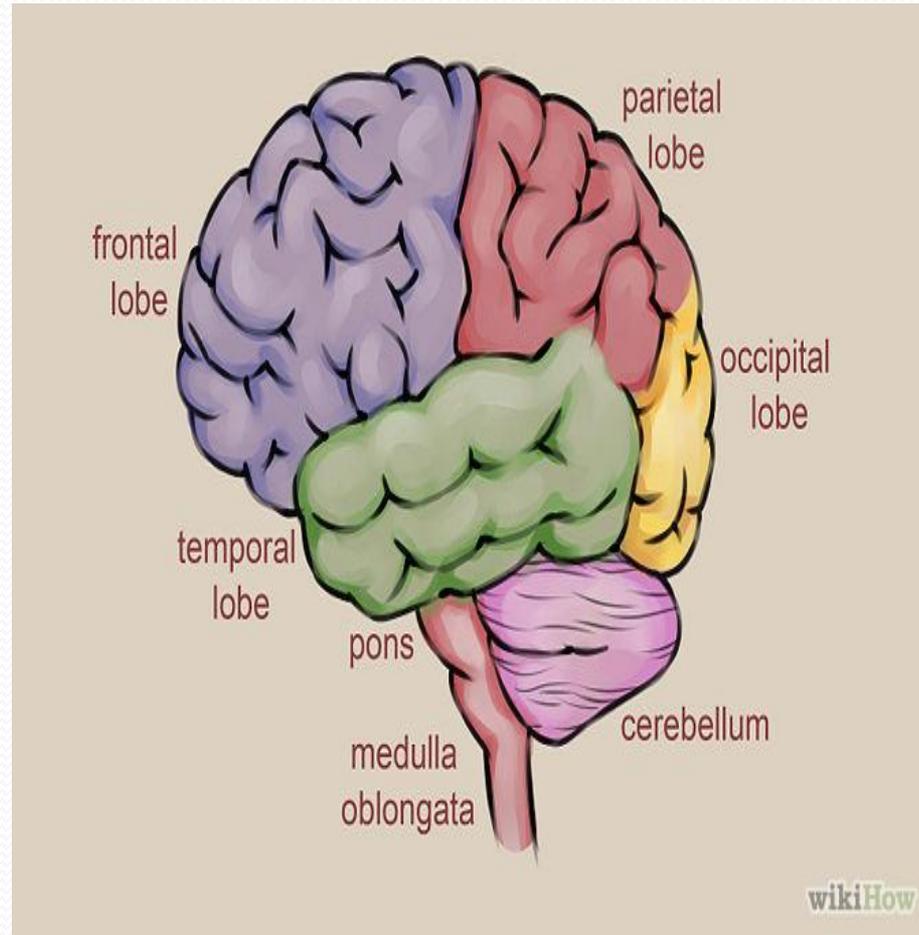
Speech

Emotional Response

Visual Perception

<http://biology.about.com/od/anatomy/p/temporal-lobes.htm>

http://www.google.com/search?q=brain&safe=active&source=lnms&tbm=isch&sa=X&ei=u_3wUpfBAsuNkAfnioBA&ved=oCAcQ_AUoAQ&biw=1440&bih=775#facrc=_&imgdii=_&imgsrc=VOeJEG_fQUvyYM%0253A%03B-XFUVkW

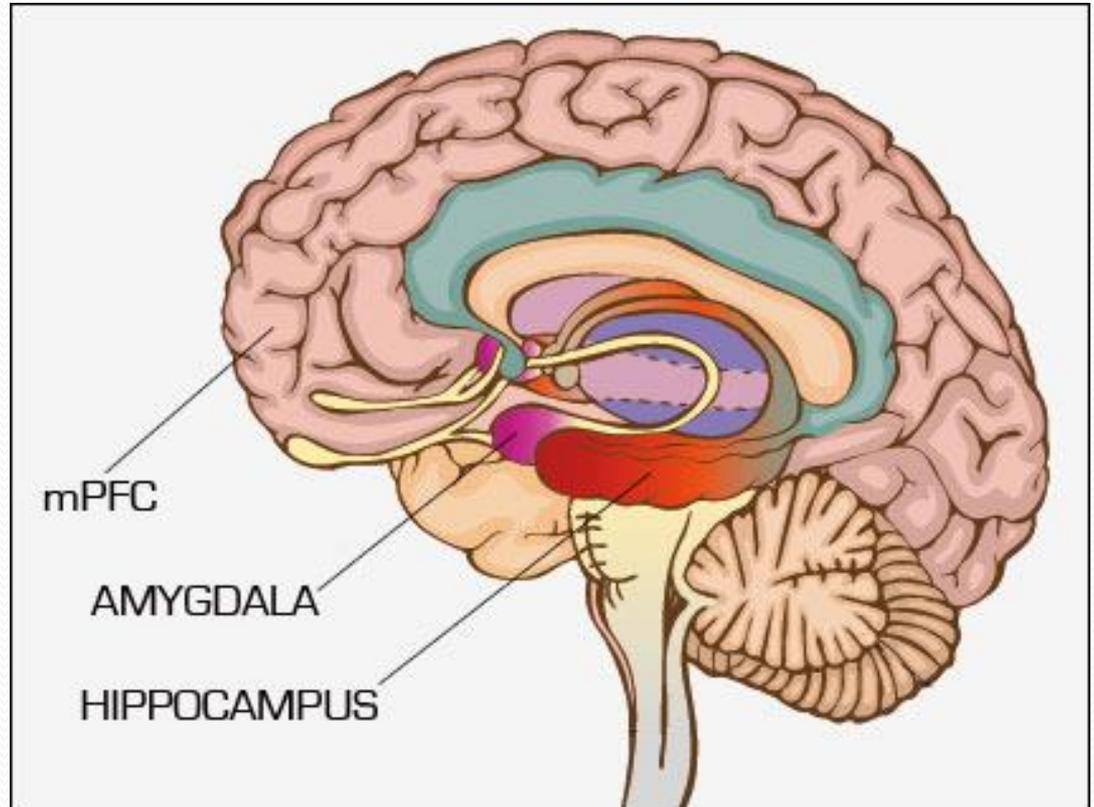


Amygdala

The Amygdala is an almond shaped structure located in the temporal lobe.

The Amygdala is an important part of the brain, which assists in responses of fear and pleasure.

http://www.google.com/search?q=amygdala&safe=active&source=lnms&tbm=isch&sa=X&ei=P__wUv2vFtKikQf4moGwAg&ved=oCacQ_AUoAQ&biw=1440&bih=775#facrc=_&imgdii=_&imgrc=bCqAQjmGVnOCnM%253A%03Bcw-ndLT8KUplzM%03Bhttp%0253A%0252F%0252Fjoshuahoffine.files.wordpress.com%0252F2012%0252F12%0252Famygdala1.jpg%025253



- Teaching your child about how the amygdala and the limbic system work will help them understand why the adrenaline surge makes them feel the way that they do at times.



Limbic System

The limbic system is responsible for controlling various functions in the body. Some of these functions include **interpreting emotional responses**, storing memories, and regulating hormones. The limbic system is also involved with sensory perception, motor function, and others including feelings of pleasure.

The Body's Response

- The body responds to fear first in our brains.
- The amygdala is a small almond shaped cluster of neurons that resides in the limbic system.
- It is the emotional control center for our bodies.
- Its job is to keep us alive by sensing danger.

- When the amygdala senses danger it sends signals to the adrenal glands and our body produces adrenaline to help protect us by causing a “fight or flight” response.
- This adrenaline is released to make us into super-human fighting or running machines.
- Adrenaline makes our bodies feel a certain way.



Adrenaline Rush

- Symptoms of too much adrenaline can include:
- Blurred vision
- Cold hands and feet
- Dry mouth
- Dizziness

- 
- Nausea
 - Heart palpitations, shakiness
 - Urinary and bowel urgency
 - Stomach aches
 - These are just some of the symptoms that too much adrenaline can cause.



*Help,
There is a
snake,
rat,
bug,
on the floor.*

- When we feel a fear or anxiety we are not usually in a life threatening situation. Our bodies are over reacting to the situation.

Anxiety

“Anxiety is an irrational fear”

- What if they laugh at me?
- What if I don't get an A?
- What if you are late picking me up?
- I don't remember how to do this!!!

The worry monster tricks us/your child into feeling worried and/or scared that they will not be good enough.

Examples of Worries that can lead to Anxiety

- Fear of being alone
- Separation
- Bad things happening
- New school, club, home – don't know anyone
- Controlling (they are not in control)
- High achiever
- Social situation

Types of Anxiety

- Generalized Anxiety
- Panic Attacks
- Agoraphobia
- Obsessive-Compulsive Disorder
- Specific Phobia
- Social Phobia
- Post Traumatic Stress Disorder
- Separation Anxiety
- Perfectionism

Generalized Anxiety

- This is the type of anxiety that is pervasive. It seems to always be there and you cannot pinpoint a trigger or a common time that it occurs.



Panic Attacks

- “Panic attacks are the purest form of the fear response” a person in this frame of mind breathes very rapid shallow breaths and they don't take in enough oxygen. This causes a build up of carbon dioxide in the blood which triggers the attack.
- This type of attack is triggered most of the time when it is not needed. This type of anxiety lands many people in the emergency room due to the symptoms from the rush of adrenaline.

Agoraphobia

- This fear is similar to a fear of becoming fearful.
- They are afraid they might have an anxiety attack so they avoid any instances that might cause them. This avoidance becomes almost cyclical.

Obsessive-Compulsive Disorder (OCD)

- This type of issue can be:
 - anxiety-producing, it is often persistent and a repeating thought or idea
 - an obsession that can be both intrusive and/or may be embarrassing
 - In most cases, the child with OCD has to do some specific thing to feel okay

Specific Phobia

- There is a specific trigger for this type of anxiety
 - It could be a real world object, snake, bug, crack in the sidewalk
 - It could be a test, riding in a car, water, flying in a plane
 - This type of phobia is generally easy to avoid

Social Phobia

- fear of social or performance situations
- child may be exposed to new people but is possible to have this anxiety in any public situation such as a birthday party
- embarrassment or fear of humiliation are triggers for this type of anxiety

Separation Anxiety

- There is fear that while parents are not near something bad is going to the child or to the parents.
- This is very common with very small children but tends to be crippling to some people when it is time to go to school, work, etc.

Post Traumatic Stress Disorder

- This can affect people and it may cause them to have nightmares or flashbacks of the traumatic event.
- This same term also applies to anyone, including a child, who experiences some kind of frightening trauma and cannot seem to recover from it.

Perfectionism

- Perfectionism is not an actual anxiety diagnosis but it can be pervasive and debilitating for our children.
- The core feature of perfectionism is a fear of failure.
- The perfectionist feels that they can never be good enough – that there is always more that can be done.

How to Help

- There are ways you can help your child or yourself
- 1. Breath – taking a deep breath or two or three will trigger the relaxation response
- 2. Listen to music – whatever is relaxing for that person, it could be the sound of rain...
- <http://www.youtube.com/watch?v=dOEvKulq2sY>

- 3. Don't tell anyone that what they are feeling is not a big deal. To them it is. Their body is responding to a rush of adrenaline.
- 4. Make sure they are getting enough sleep.
- 5. Practice positive thinking – “I have studied and I can take this test”
- 6. Tell them how proud of them you are and that no matter what happens you love them.

- 7. Be silly
- 8. Practice breathing
- There are many more things you can do. You are doing them.
- If you need help seek it. Do not be embarrassed to ask a doctor, clergyman, or counselor for help.

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- <http://www.youtube.com/watch?v=hnpQrMqDoqE>
 - This clip is another source of ideas for you to think about.

Tips for Stress Management

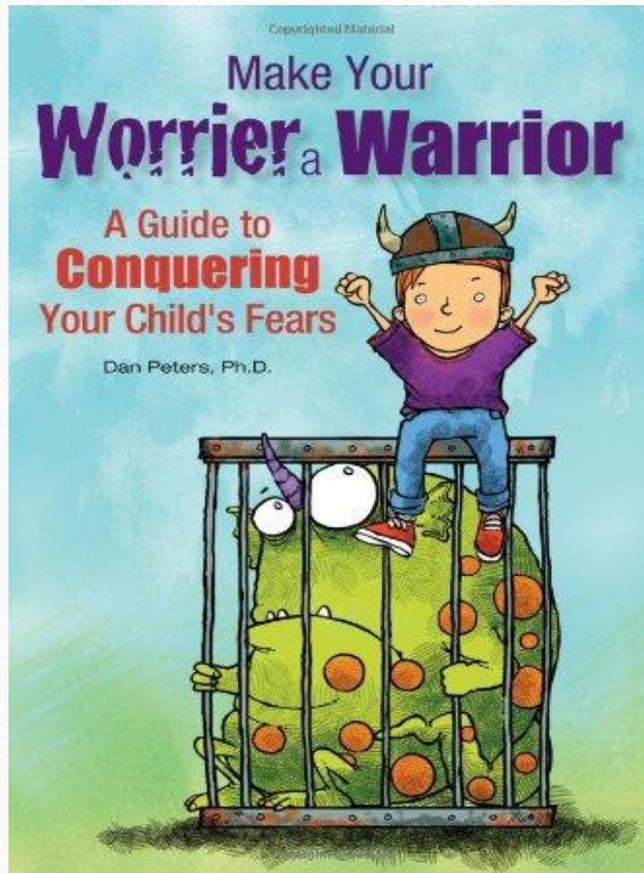
- These are good tips for everybody.
- <http://www.youtube.com/watch?v=xOpZU320v5E>
- If you are stressed/anxious your family will also feel that way

Food

- Have you noticed when you, yourself, or your child tends to have issues?
- Could it have to do with a specific food triggering it?
- Or have you noticed that when your child does not eat they tend to have more meltdowns?
- <http://www.youtube.com/watch?v=yrH3QpfpPF4>

Make your Worrier a Warrior

A Guide to Conquering Your Child's Fears



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Self-Help/Psychology

Parents can team up with their children or teens to help them do the most courageous thing they will ever have to do: conquer their Worry Monster. *Make Your Worrier a Warrior* provides useful and comforting methods that parents can use to help their children create an anxiety-reducing "toolbox" to carry with them wherever they go. In building this foundation for their children, parents may find that these strategies to manage anxiety and fear can work just as effectively for themselves!

Be sure to check out *From Worrier to Warrior*, the companion book for kids!



Make Your Worrier a Warrior is simply the best, most useful, and most approachable book on this subject I have ever read. Dr. Peters has that magic knack for reducing complex information to essential elements that can be mastered by anyone. Down-to-earth, straightforward, and nonjudgmental, this book has it all—from recognizing a problem and its likely causes to practical, real-life strategies to conquer the Worry Monster that dwells in all of us, especially our kids. I highly recommend it.

Dr. Dean Edell, physician, author, and former radio/television host

Wonderfully wise and practical. In a clear, warm, and encouraging voice, Dr. Peters empowers readers by explaining the often mysterious sources of anxiety, its varied presentations, and most importantly how to understand and ultimately conquer anxious feelings. This is everything the parent of an anxious child or teen needs to fight back against this common and often disabling challenge.

Dr. Brock Elide, co-author of *The Systemic Advantage* and *The Mislabeled Child*

Worrying about your child's worrying is a universal plague of being a modern parent. Dr. Peters' book is an action-oriented godsend for all of us who want our kids to find emotional peace.

Patrick Lencioni, president, The Table Group, best-selling author of *The Five Dysfunctions of a Team* and *The Advantage*

This thoughtful, wise, and comprehensive book for parents is greatly needed in our "worried world." Dr. Peters has provided a guide that offers a clear understanding of anxiety and concrete strategies to reduce a child's fears. I will be recommending it to my clients and colleagues.

Sally Baird, Ph.D., clinical psychologist and co-author of the children's book *Shrinking the Worry Monster*



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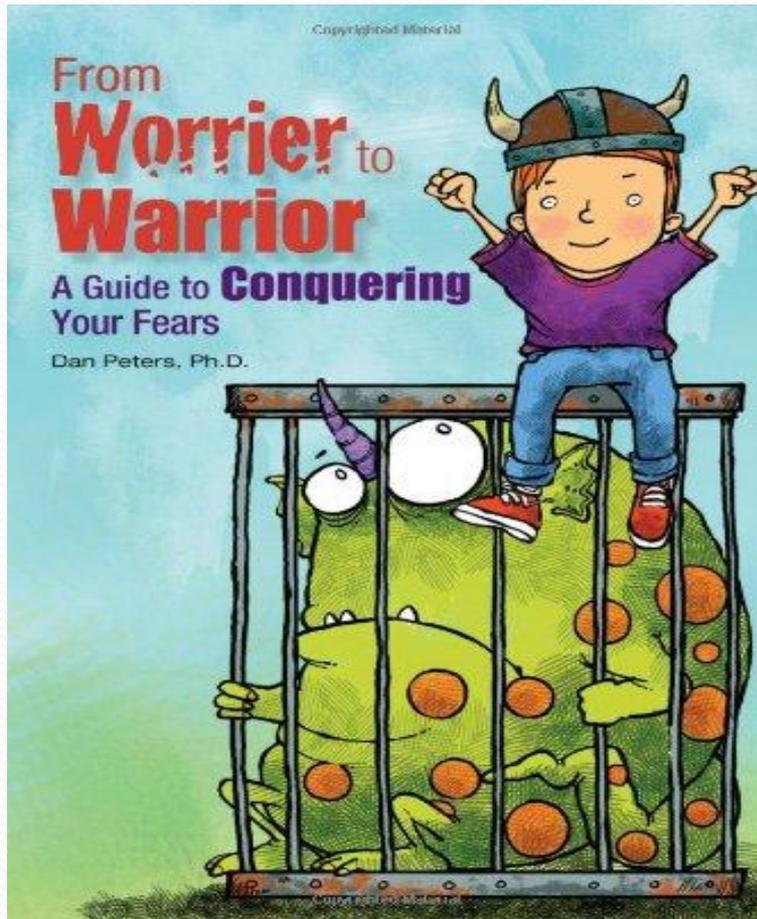
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From Worrier to Warrior

A Guide to Conquering Your Fears



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Self-Help/Psychology

From *Worrier to Warrior* will teach you how to conquer the Worry Monster. This book shows you how to overcome worry and fear using several easy-to-follow strategies. Read the book and learn the strategies yourself, or read it along with your parents or another trusted adult. From *Worrier to Warrior* will help you create your very own "toolbox" of ways to combat fear and anxiety that you can carry with you to conquer the Worry Monster at any time. With these tools, you will be able to overcome whatever challenges come your way!



When you're anxious, one of the best things you can do is learn about your feelings and how your brain often makes you feel more anxious than you should. In this book, Dr. Dan Peters tells you everything you need to know to take charge of your anxious feelings. Read it. You'll see.

Dr. Brock Elde, co-author of *The Dyslexic Advantage* and *The Mislabeled Child*

This book is a gift for anyone—anyone—who worries too much. It is immensely understandable, readable, and most important of all, actionable.

Patrick Lencioni, president, The Table Group, best-selling author of *The Five Dysfunctions of a Team* and *The Advantage*

I used to run away when I got scared. When I learned that it was my amygdala causing the Worry Monster to visit me, it made me feel better. I realized that I was going to be okay and that the Worry Monster was just trying to trick me. Counting to 100 and taking a break help me get rid of my worry so I can think. The Worry Monster still comes, but I have conquered him before, so I know I can defeat him again.

Jack Roy, warrior

Tweens and teens (and their parents) will find this book invaluable. Way too many children and teens suffer with anxiety, without any clue how to diminish their fears. The strategies provided in this well-written guide can't help but turn worriers into warriors!

Sally Baird, Ph.D., clinical psychologist and co-author of the children's book *Shrinking the Worry Monster*



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- *National Association for Gifted Children*
<http://www.nagc.org/>
- *Hoagies' Gifted Education Page*
www.hoagiesgifted.org/

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- Great Potential Press
- Pieces of Learning

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You Tube Clips

- <http://www.youtube.com/watch?v=hnpQrMqDoqE>
managing stress
- <http://www.youtube.com/watch?v=dOEvKulq2sY>
relaxation music
- https://www.youtube.com/results?search_query=wizard+of+oz+revealed&sm=1
Wizard of Oz reveal
- <http://www.youtube.com/watch?v=xOpZU320v5E>
10 tips for stress management