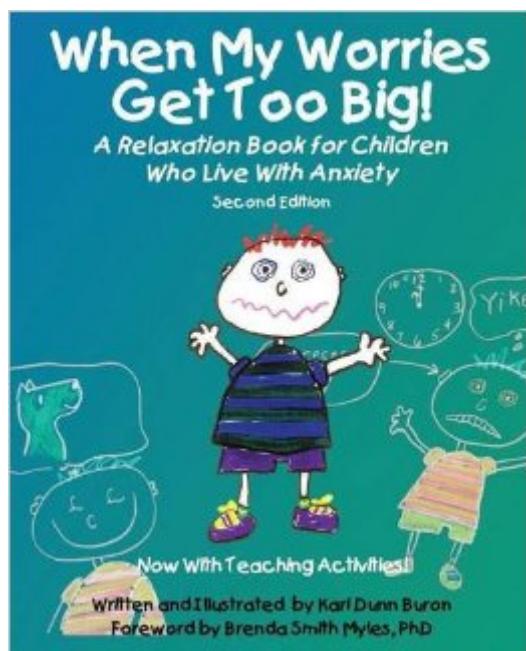


The book was found

# When My Worries Get Too Big!



## **Synopsis**

Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such stress can lead to a loss of control, resulting in aggressive behavior, such as screaming, throwing things or even hurting someone. Prolonged anxiety can also seriously impact success in academic achievement and cause children to avoid social and extracurricular activities. Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!

## **Book Information**

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## **Customer Reviews**

How many kids do you know with Attention Deficit Disorder who don't live with anxiety? I know very few. Anxiety and ADD go hand-in-hand for many children, especially in the classroom. The National Association on Mental Illness stated that, "According to a 2008 NIMH-supported study, over 30 percent of children living with ADHD also live with anxiety." Anxiety in the school setting doesn't help the child with Attention Deficit Disorder. It makes them look unmotivated, since they are anxious about turning in a substandard assignment. Often, they don't turn in assignments and get into

trouble. This can lead to absences at school or the child becoming defiant. Anxiety needs to be dealt with for the child to work effectively in school. Starting early can help, since the young child does not have years of anxious failure to work through. There is a new tool in the fight against anxiety in young children who have psychological differences. Kari Dunn Buron has written and illustrated a book titled *When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety*. Kari Buron has taught special needs students for more than thirty years and is a member of the Illinois State University Hall of Fame. The book has a Foreword by Brenda Smith Myles, PhD. *When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety* is designed to teach children to assess their anxiety level and to follow up by self-regulating those anxious feelings. Using psychoeducation and cognitive behavior management, this book which melds a story book approach with a workbook format, teaches kids how to recognize anxiety. They learn strategies for lowering anxious feelings and returning themselves to a state of relaxation. The book uses a five point scale to assess anxiety.

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