

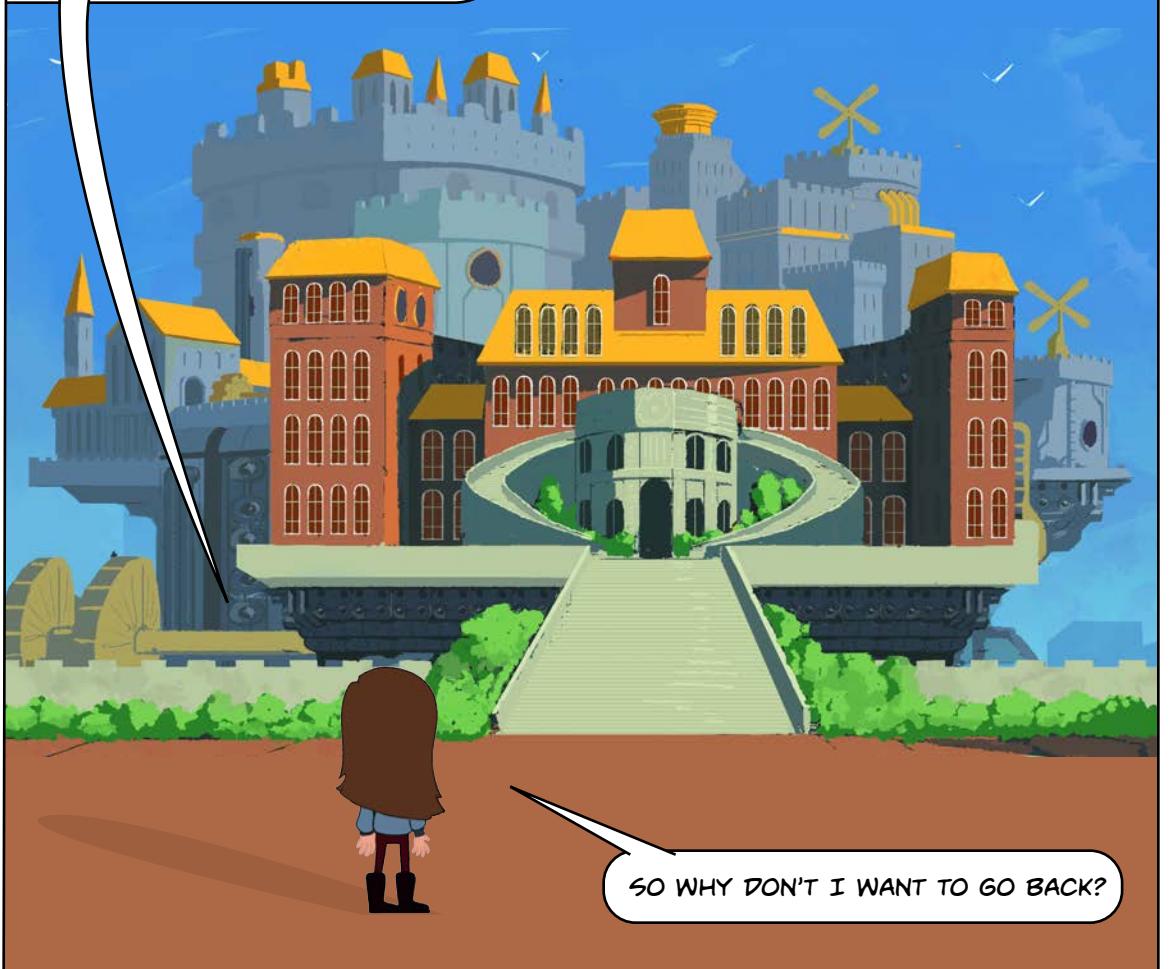
ISSUE 1



DRAWN
from **VALOR**
drawnfromvalor.org



ADVENTURE CASTLE IS THE KIND OF PLACE THAT ANYBODY WOULD LOVE TO VISIT!



SO WHY DON'T I WANT TO GO BACK?

WHAT IF MY FRIENDS DON'T LIKE ME ANYMORE? WHAT IF PEOPLE THINK I'M STRANGE? WHAT IF I EMBARRASS MYSELF? WHAT IF...



PROFESSOR RUTH!

HI JEN! I'M GLAD TO SEE YOU! FOLLOW ME! THERE'S AN EMERGENCY!!



WHILE AUDIE WAS CLEANING THE CEILING FAN, IT STARTED SPINNING OUT OF CONTROL!



I'LL TRY TO GET HIM DOWN!



I'LL GO TRY TO SHUT OFF THE POWER SOURCE!



MAYBE I CAN CATCH HIM ON THE NEXT PASS...

HEY, THERE'S JEN!

WHAT'S SHE DOING?



GULP... EVERYONE IS WATCHING ME!

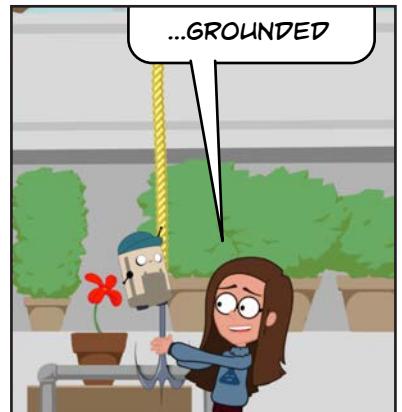
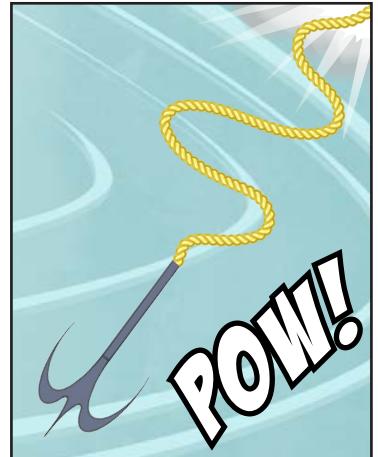
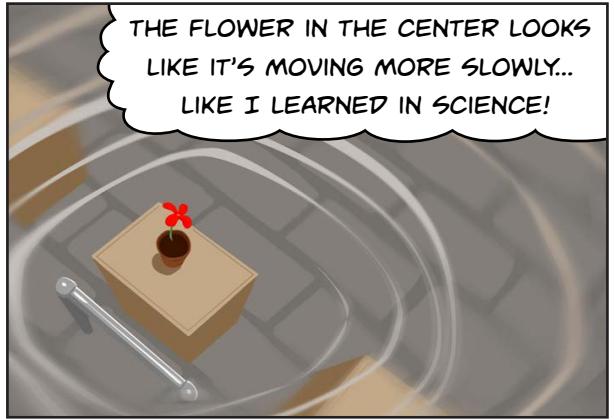


JEN! TRY TO FOCUS ON ONE THING YOU CAN SEE TO GET GROUNDED!



FEELS LIKE THINGS ARE SPINNING OUT OF CONTROL!





THANKS FOR YOUR HELP! I HAVE BEEN PRETTY ANXIOUS LATELY. CAN I TALK ABOUT IT SOME MORE WITH YOU?

YES, THAT'S A GREAT IDEA. AND, I'VE GOT SOME MORE RESOURCES THAT COULD HELP.



COPING WITH ANXIETY

Many Anxieties and Fears Are Normal

Anxiety is defined as "apprehension without apparent cause." It usually occurs when there's no immediate threat to a person's safety or well-being, but the threat feels real. Anxiety makes someone want to escape the situation — fast. The heart beats quickly, the body might begin to perspire, and "butterflies" in the stomach soon follow. However, a little bit of anxiety can actually help people stay alert and focused. Having fears or anxieties about certain things can also be helpful because it makes kids behave in a safe way. For example, a kid with a fear of fire would avoid playing with matches.

The nature of anxieties and fears change as kids grow and develop:

Babies experience stranger anxiety, clinging to parents when confronted by people they don't recognize.

Toddlers around 10 to 18 months old experience separation anxiety, becoming emotionally distressed when one or both parents leave.

Kids ages 4 through 6 have anxiety about things that aren't based in reality, such as fears of monsters and ghosts.

Kids ages 7 through 12 often have fears that reflect real circumstances that may happen to them, such as bodily injury and natural disaster. They include fear of strangers, heights, darkness, animals, blood, insects, and being left alone. Kids often learn to fear a specific object or situation after having an unpleasant experience.

Adolescents may experience anxiety related to social acceptance and academic achievement.

Signs of Anxiety

If anxious feelings persist, they can take a toll on a child's sense of well-being. It's important for parents to recognize and identify the signs and symptoms of kids' anxieties so that fears don't get in the way of everyday life.

Some signs that a child may be anxious about something may include:

- becoming clingy, impulsive, or distracted
- nervous movements, such as temporary twitches
- problems getting to sleep and/or staying asleep longer than usual
- sweaty hands
- accelerated heart rate and breathing
- nausea
- headaches
- stomachaches

Apart from these signs, parents can usually tell when their child is feeling excessively uneasy about something. Lending a sympathetic ear is always helpful, and sometimes just talking about the fear can help a child move beyond it.

Helping Your Child

Parents can help kids develop the skills and confidence to overcome fears.

To help your child deal with fears and anxieties:

Recognize that the fear is real. As trivial as a fear may seem, it feels real to your child and it's causing him or her to feel anxious and afraid. Being able to talk about fears helps — words often take some of the power out of the negative feeling. If you talk about it, it can become less powerful.

Never belittle the fear as a way of forcing your child to overcome it. Saying, "Don't be ridiculous! There are no monsters in your closet!" may get your child to go to bed, but it won't make the fear go away.

Don't cater to fears, though. If your child doesn't like dogs, don't cross the street deliberately to avoid one. This will just reinforce that dogs should be feared and avoided. Provide support and gentle care as you approach the feared object or situation with your child. Your child needs to know that anxiety is not dangerous but something he/she can cope with.

Build your child's personal strength. It's important to praise your child for facing challenges, trying something new or brave behavior. Some children like big loud exuberant praises, others like a quiet pat on the back. There is a lot you can do to help build your child's competence. Search to find avenues where your child can show he is good at something (music, art, sports, etc.). Also be sure your child has jobs around the house that show your child is contributing to the family.

Teach kids how to rate fear. A child who can visualize the intensity of the fear on a scale of 1 to 10, with 10 being the strongest, may be able to "see" the fear as less intense than first imagined. Younger kids can think about how "full of fear" they are, with being full "up to my knees" as not so scared, "up to my stomach" as more frightened, and "up to my head" as truly petrified.

Teach coping strategies. Try these easy-to-implement techniques.

Using you as "home base," your child can venture out toward the feared object, and then return to you for safety before venturing out again.

Kids also can learn some positive self-statements (such as "I can do this" and "I will be OK") to say to themselves when feeling anxious.

Relaxation techniques are helpful, including visualization (of floating on a cloud or lying on a beach, for example) and deep breathing (imagining that the lungs are balloons and letting them slowly deflate).

Maintain the same expectations of your anxious child that you would another child (to go to birthday parties, make decisions, talk to adults). However, understand that the pace will need to be slower. You can help your child break down big tasks into smaller steps that your child can accomplish (first go to the party with your child and agree to stay as long as your child is interacting with others, next time stay for the first half hour). You can also help role-play or act out possible ways your child could handle a difficult situation. Saying it out loud makes kids more confident and more likely to try a strategy independently.

Reference: (adapted from) <http://kidshealth.org>

BOOK AND VIDEO RESOURCES

Mind Over Mood, Second Edition: Change How You Feel by Changing the Way You Think by Dennis Greenberger PhD and Christine A. Padesky PhD

Feeling Good: The New Mood Therapy
by David Burns, MD

The Cognitive Behavioral Workbook for Anxiety:
A Step-by-Step Program, 2nd Edition by William J. Knaus EdD

The Cognitive Behavioral Workbook for Depression:
A Step-by-Step Program, 2nd Edition
by William J. Knaus EdD and Albert Ellis PhD

How to Use Exposure Therapy: Dr. Alli Mattu's The Psych Show:
https://www.youtube.com/watch?v=2z-ZGt_vD5A

What to do when you worry too much:
A kids guide to overcoming anxiety
by Dawn Huebner, PhD
Additional resource for kids ages 6-12:

When Fuzzy Was Afraid of Losing His Mother:
(Fuzzy the Little Sheep)
Hardcover – January 1, 2005
by Inger M. Maier

When Fuzzy Was Afraid of Big and Loud Things
Paperback – January 1, 2006
by Inger M Maier

When Lizzy Was Afraid of Trying New Things
(Fuzzy the Little Sheep)
Paperback – January 1, 2005
by Inger M Maier

Wemberly Worried
Paperback – April 27, 2010
by Kevin Henkes

When I Miss You
(The Way I Feel Books)
Paperback – January 1, 2004
by Cornelia Maude Spelman

When I Feel Worried
(The Way I Feel Books)
Paperback – September 1, 2014
by Cornelia Maude Spelman

Is a Worry Worrying You?
Paperback – April 15, 2005
by Ferida Wolff

Courage
Hardcover – October 28, 2002
by Bernard Waber

Maya's Voice
Paperback – October 1, 2013
by Wen-Wen Cheng

Lola's words disappeared
May 30, 2013
by Elaheh Bos

Blink, Blink, Clop, Clop:
An OCD Storybook
Paperback – July 13, 2011
by E. Katia Moritz Ph.D.

Up and Down the Worry Hill:
A Children's Book about Obsessive-Compulsive Disorder and its Treatment
Paperback – August 21, 2013
by Aureen Pinto Wagner Ph.D.

Helping Your Anxious Child:
A Step-by-Step Guide for Parents Paperback – December 3, 2008
by Ronald Rapee PhD



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