What To Do When You WORRY TOO MUCH

A Kid’s Guide to Overcoming Anxiety

by Dawn Huebner, Ph.D.
illustrated by Bonnie Matthews
CHAPTER ONE

Are You Growing Worries?
Most things grow when you tend to them.

Have you ever planted a tomato seed? If you cover your seed with rich, dark soil and water it and make sure it gets plenty of sunlight, pretty soon a little green shoot will appear.

If you give it more water each day, the green shoot will turn into a big stalk with leaves and flowers. And then one day, a tomato will appear!

If you keep tending to your plant, more and more tomatoes will appear. Soon you will have so many tomatoes that you might have to go to the library for a tomato cookbook so you can learn to make tomato sauce and tomato soup.
Tomatoes will appear in your salad and next to your tuna fish. You will find tomato sandwiches in your lunchbox, tomato juice for a snack, and tomato pasta for dinner. And one day, there will be so many tomatoes that your dad will suggest chopping them up to make tomato ice cream and tomato cookies!

All of those tomatoes will have come from one little seed that you planted and tended every day.
Did you know that worries are like tomatoes? No, you can't eat them. But you can make them grow, simply by paying attention to them.

Many children tend to their worries, even though they don’t really mean to. And pretty soon, what might have started as just a little seed of worry has become a huge pile of problems that you don’t know how to get rid of.
If this has happened to you, if your worries have grown so big that they bother you almost every day, then this book is for you.

The bad news, as you know, is that worries can grow pretty fast and cause a lot of trouble.

The good news, which you may not know, is that you have the power to make the worries go away. You do.

Keep reading and you will learn how.