

The Way I Feel

TAKING CARE OF OUR EMOTIONS!



When I Feel Worried



WRITTEN BY Cornelia Maude Spelman

ILLUSTRATED BY Kathy Parkinson

When I Feel Worried The Way I Feel S

Vianna Stibal



When I Feel Worried The Way I Feel S:

When I Feel Worried Cornelia Maude Spelman,2013-09-01 Everyone feels worried sometimes but there are always ways to feel better Join a cuddly hamster and her toy zebra as she learns to manage feelings of worry With a focus on identifying the causes of an emotional reaction and coming up with ways to feel calm and happy again this book offers simple strategies to help kids understand and take care of their emotions

Everybody Feels Worried Moira Harvey,2020-07-21 Have you ever felt worried about a school event or a big change Everybody Feels Worried helps children understand express and deal with feelings of anxiety

When It Feels Like the Sky Is Falling H. Norman Wright,2018-09-04 I ll Never Forget That Day The unexpected strikes each of us at some point in our lives Those days when the sky feels as though it s closing in and our world is crumbling around us A loved one dies We survive a natural disaster We witness a horrific event or act of terrorism And we live in fear of what might happen as we step onto an airplane or watch as someone we love is admitted into the hospital How can we best respond to such shock and grief Is it possible to feel safe again or to make sense of life in the aftermath Christian counselor H Norman Wright has helped individuals cope in the wake of 9 11 Hurricane Katrina the mass shootings at Aurora Colorado and Las Vegas Nevada and other traumatic events Here he offers compassionate guidance on facing and growing from the circumstances you fear most You ll discover practical ways to prepare for the unexpected and find a path to real hope and peace even in the midst of tragedy

Whale Feels Worried Katie Woolley,2022-08-01 Whale is worrying about her schoolwork She wants it to be perfect so she erases the paper until it rips What can she do to feel better and stop worrying This relatable story helps kids identify their feelings and provides useful tools for managing emotions

When the World Feels Like a Scary Place Abigail Gewirtz,2020-06-09 A terrific book for parents who want to know how to talk about difficult emotional issues with children Nancy Eisenberg Regents Professor of Psychology Arizona State University Includes how to talk to your kids about COVID 19 In a lifesaving guide for parents Dr Abigail Gewirtz shows how to use the most basic tool at your disposal conversation to give children real help in dealing with the worries stress and other negative emotions caused by problems in the world from active shooter drills to climate change But it s not just how to talk to your kids it s also what to say The heart of When the World Feels Like a Scary Place is a series of conversation scripts with actual dialogue talking points prompts and insightful asides that are each age appropriate and centered around different issues Along the way are tips about staying calm in an anxious world the way children react to stress and how parents can read the signs and how parents can make sure that their own anxiety doesn t color the conversation Talking and listening are essential for nurturing resilient confident and compassionate children And conversation will help you manage your anxieties too offering a path of wholeness and security for everyone in the family Remarkable Compelling advice illustrated with memorable case examples Ann S Masten PhD Irving B Harris Professor of Child Development University of Minnesota

How to Be a Superhero Called Self-Control! Lauren Brukner,2015-11-21 Narrated by a superhero called Self Control this

illustrated book provides a variety of super power strategies to help children with emotional and sensory regulation difficulties aged approximately 4 to 7 years to master self control **Advanced ThetaHealing** Vianna Stibal,2011-04-04 Discover how harnessing the energy of all things can enrich your life and well being in this fascinating study on ThetaHealing In her first book Vianna Stibal introduced the simple but life altering technique that helped her cure what medicine could not ThetaHealing This extraordinary healing modality uses the energy of all things of All That Is to instigate significant change in thought patterns relationships physical well being and so much more Now Stibal draws from thousands of sessions with her clients to further explore the work processes and benefits central to ThetaHealing In this book you will learn more about the importance of Feeling Belief and Digging work Stibal also guides you through the 7 Planes of Existence explaining how they allow you to connect to the highest level of love and energy of All That Is By harnessing the power of this mind and body healing technique you will enhance your life spiritually emotionally and physically Why She Feels Fat Johanna Marie McShane,Tony Paulson,2013-10-18 Eating disorders are perplexing frustrating and seem to make no sense to the families and friends of sufferers The intent of this book is to explain why your loved one has an eating disorder so that you can understand these baffling disorders and help in the recovery process Throughout the book you are taken into the world of eating disorders shown what anorexia and bulimia mean to sufferers and how they live day to day obsessed with thoughts of calories fat body size and weight First the reader is given an introduction to anorexia and bulimia Here the most common signs and symptoms are discussed along with medical complications In the second section the focus is on detailing the subjective experiences of those who suffer with eating disorders This section will help you as a parent sibling spouse friend or other loved one understand what an eating disorder is like from the perspective of the person living with it The final section deals with directions for treatment and what to expect as your loved one recovers *How to Father* Fitzhugh Dodson,1975 How to Beat Your Fears and Worries Helen Kennerley,2011-08-18 Overcoming app now available We all worry about stuff in our lives but some of us may find ourselves worrying excessively even about those things completely beyond our control Or we may simply find that worrying thoughts are dominating our daily life and are destroying our quality of life Of course we all have worries but rather than labelling yourself a worry wart or worrier you can overcome your chronic anxiety and start to lead a happier more fulfilling life Cognitive Behavioural Therapy on which this self help book is based is a recognised effective treatment for anxiety It will help you to recognise and challenge your negative and anxious thoughts and change any behaviour which may have inadvertently kept your anxiety going and move towards a more worry free future

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