



Help - I've Got an Alarm Bell Going off in My Head!: How Panic, Anxiety and Stress Affect Your Body

By K. L. Aspden, Zita Ra, Babette Rothschild

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Help - I've Got an Alarm Bell Going off in My Head!: How Panic, Anxiety and Stress Affect Your Body, K. L. Aspden, Zita Ra, Babette Rothschild, Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy. Designed for ages 9-11, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.



READ ONLINE
[9.37 MB]

Reviews

The most effective ebook i possibly go through. I am quite late in start reading this one, but better then never. Its been designed in an extremely basic way and it is just after i finished reading this ebook by which basically transformed me, modify the way i believe.

-- **Giovanny Rowe**

Totally among the finest pdf We have possibly read through. It usually fails to price a lot of. I discovered this book from my i and dad suggested this pdf to learn.

-- **Michale Beier I**