

Self-Talk

4



When you are facing one of your fears it can be helpful to use self talk.

This means you talk to yourself in your mind. Your messages need to be strong, bold, brave and positive.

I am brave and strong

I can do this

I am safe right now

It's ok to feel scared but my fear doesn't control me

I am not alone, there are trusted people who will help me

I can handle this

I am learning and growing in confidence every day

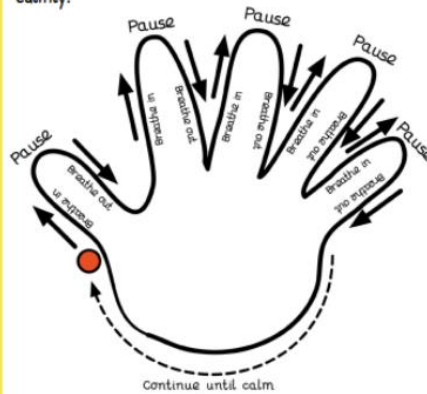
Relaxation Techniques

5



When you are facing your fears, it is helpful to learn some relaxation techniques. The best one is breathing. Using calming breathing can really help you.

You breathe in through your nose and out through your mouth. There are lots of different ones you can use. Hand breathing is a good one because you always have your hand in front of you. Start at the red dot and work around your thumb and each finger. Breathe slowly and calmly.



You are amazing and can overcome your fears!

If you need more help...



Mighty May



Being brave at overcoming your fears



Being Scared

1

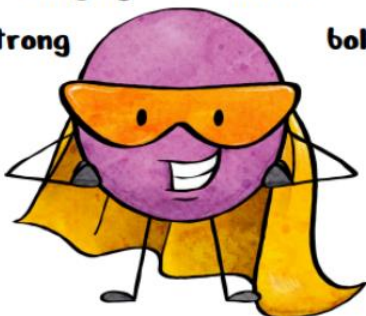


Do you ever feel scared? It's perfectly normal to feel afraid sometimes—it's a natural part of being human! You are not alone, because lots of people feel scared too.

Being scared does have its benefits such as your senses becoming more alert, allowing you to see any potential threats or dangers. That can be useful if there is a real threat in front of you.

If the threat isn't real and if you are afraid of something that can't hurt you then it can start to take over your life and stop you from doing things and enjoying life. It's time to be brave and overcome your fears.

mighty **brave**
strong **bold**



You can be brave just like me!

Common Fears

2



Let's look at a common fear - spiders! These cute little creatures won't hurt you but lots and lots of people are scared of them.

Being scared of spiders might stop you from:

- Playing outside because you might see a spider
- Sleeping peacefully because there might be a spider in the house
- Exploring nature because you might be afraid of going on walks outside in the country or woods

If you are afraid of spiders, I hope you don't get too scared at this picture of one. Remember it is just a picture and it can't hurt you. In fact, looking at a picture of something you are scared of can be helpful.

It's called exposure. It exposes you to the thing you are scared of without having to see the real thing just yet.



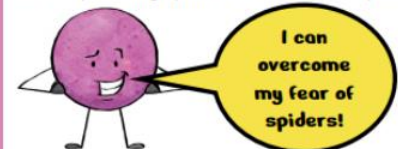
Overcoming Fears

3



Your fear might be something else. You might be fine with spiders and wonder why others are afraid. That is the thing with fears, everyone will have different things they are afraid of. You can use the same techniques in this leaflet with anything you are afraid of. That might be thunderstorms, dogs, cats, insects, or the dark.

How can you be mighty and brave and overcome your fear?



Find out as much as you can about the thing you are afraid of. If your fear is spiders, then you might want to do some research on spiders. Look on the internet at videos and pictures of them. Find out what they can do. This will make them less threatening. Knowledge is POWER!

Visit places where you might see spiders in a controlled environment, so they are perhaps in a glass cage. You can see them but not get too close to them.

Have toy spiders to play with. Playing with toy spiders will help you feel less afraid.

Eventually you won't be quite as scared, and you will have become braver and mightier.

