



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.



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**