

# **Please Explain “Anxiety” to Me!**

**Simple Biology and Solutions  
for Children and Parents**

Laurie Zelinger, PhD & Jordan Zelinger



Illustrated by Elisa Sabella

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&

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Please Explain "Anxiety" To Me: Simple Biology And Solutions For Children And Parents  
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# Introduction:

This book is for kids- the kind of kids that are like me when I was little. I was the kind of child who worried a lot, even when I didn't need to. I was always thinking that something bad was going to happen. I worried when I was in school, when I came home from school and especially at bedtime. I worried all the time.

My parents would tell me not to worry, but that didn't work. I kept worrying anyway. I had a great imagination and could get scared over little or big things. I hated worrying and wanted to be just like everyone else. I always had a stomach ache and didn't know why. Then I grew up and learned about “**anxiety**”. I found out that anxiety can be good when you have just the right amount. It can give you energy to do your best and help you plan for important things. It also helps you to be sensitive and aware of things around you. But when you have too much anxiety and can't make it go away, that feels really yucky.

This book is for kids who have too much anxiety and want to get rid of some of it. I became a child psychologist because I know what kids think about and I want to help them feel better when they feel worried and scared. I wrote this book because the children I work with said the ideas helped them. If you are a child who also gets anxiety, this book is just for you because everyone who loves you wants you to feel better. Read it over and over again with a grownup you trust. I think you'll like it.

From your friend,  
Dr. Laurie, the Feelings Doctor  
P.S. I'm a mom too!

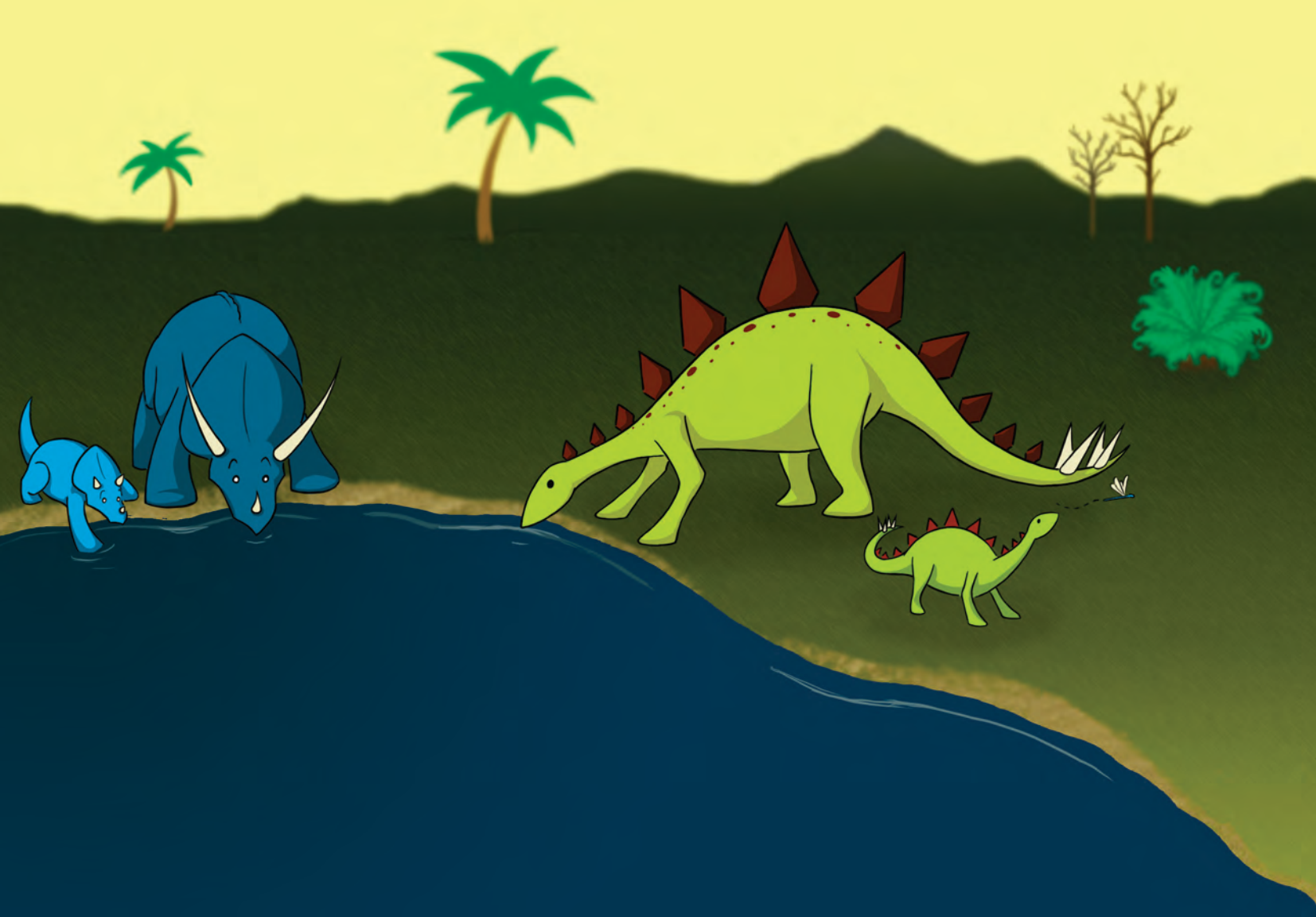
*Dedication:*  
*to Shirley and Simon Teitelbaum*



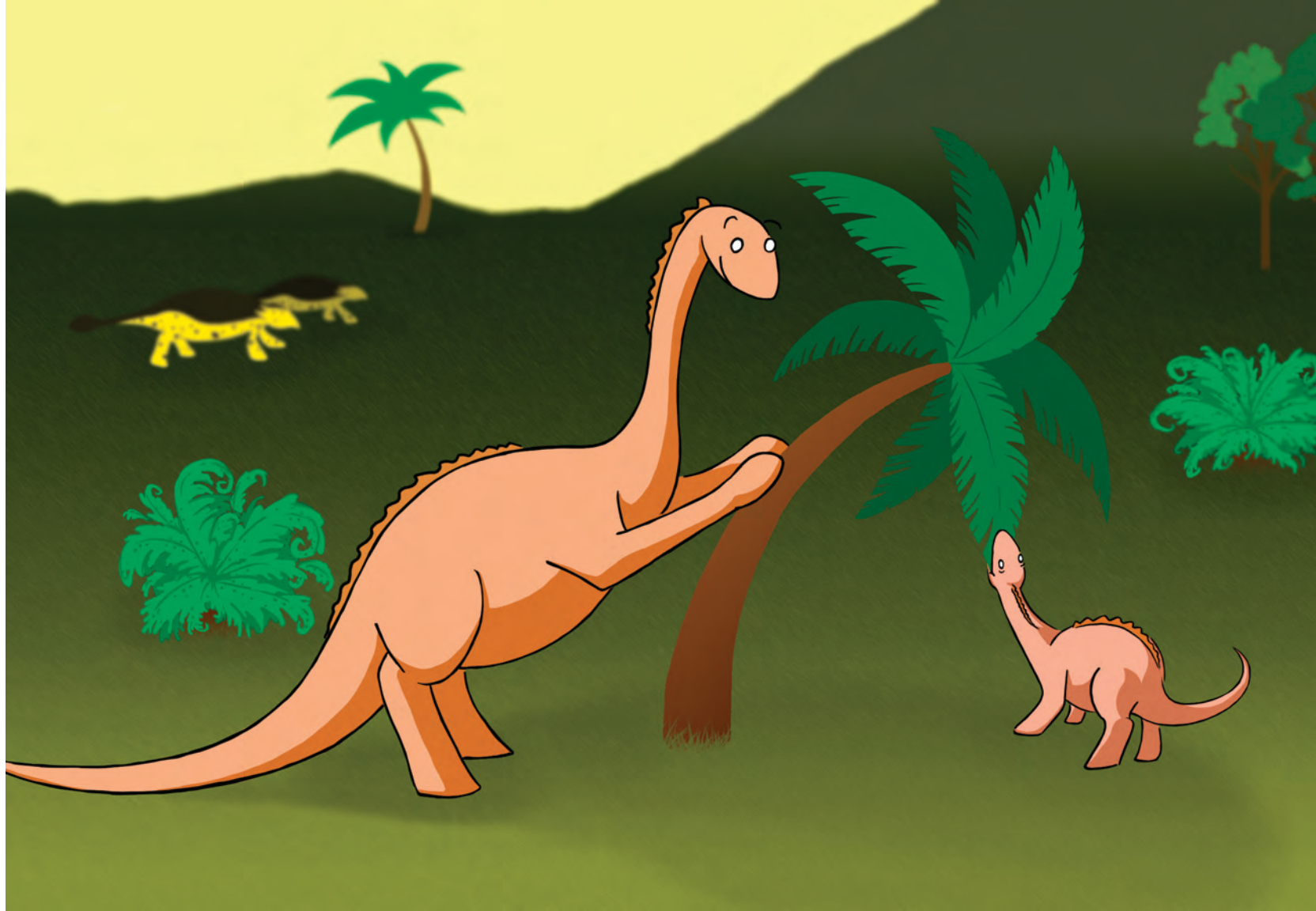
Once upon a time, before there were people, dinosaurs roamed the earth.



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There wasn't much around except grass, trees, plants, dirt, rocks and water.



Sometimes food was hard to find.

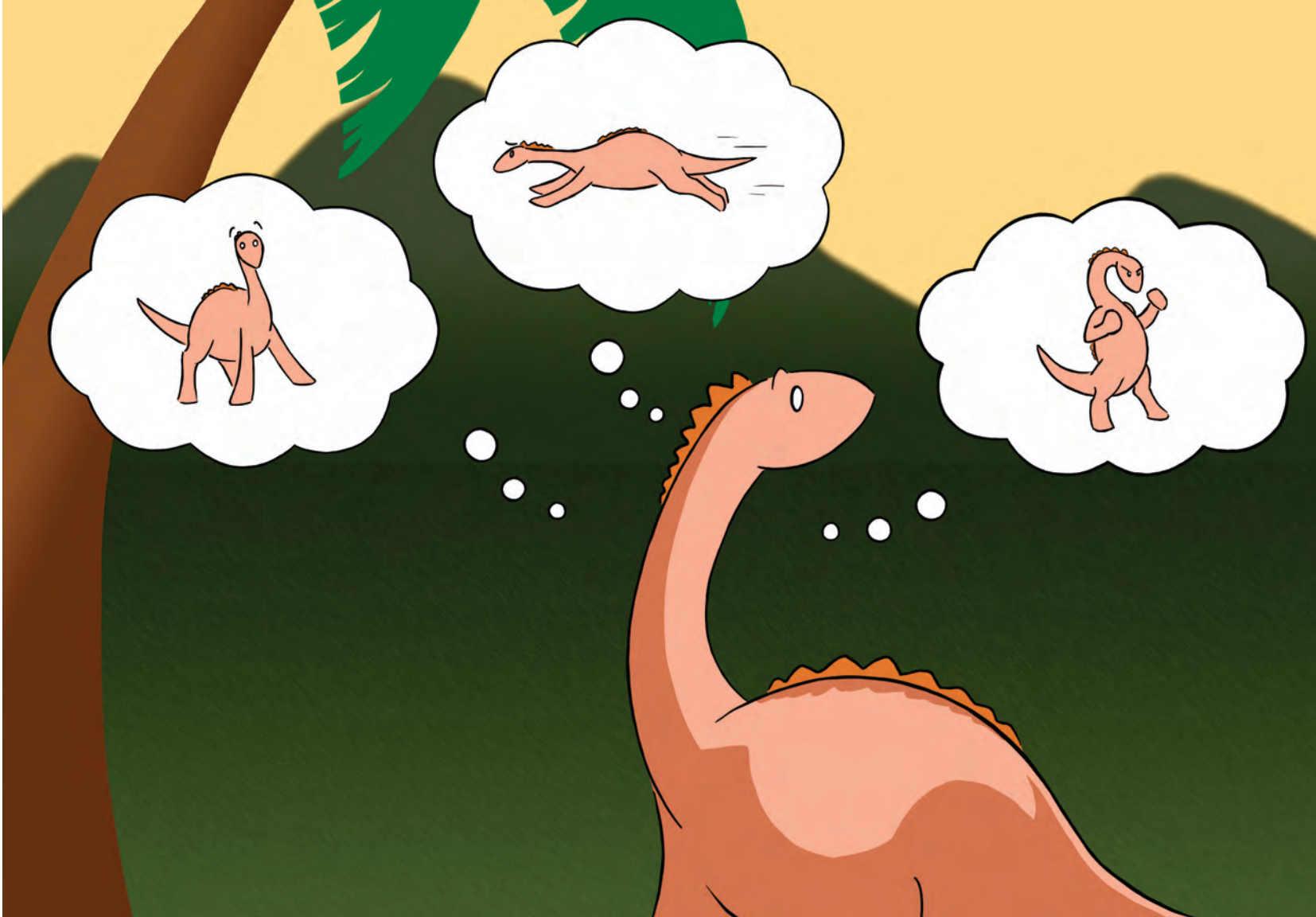
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Plant eating dinosaurs found things to eat that grew from the ground; like flowers, grass and leaves. But meat eating dinosaurs didn't want plants. They only liked to eat other dinosaurs, since dinosaurs are made of dinosaur meat.



Smaller dinosaurs were always scared that bigger dinosaurs would eat them. They probably worried a lot because there was danger all around them.



Whenever a meat eating dinosaur showed up, a small dinosaur realized he had to do something fast. He probably said to himself, “Hmmm. I have three choices. I can either freeze and stay perfectly still while I stop, look and listen. Maybe the other dinosaur won’t see me.



Or, I can try to run away just as fast as my legs will take me. If those ideas don't work, then I can stay and fight. That's called "freeze, flight or fight".



“...A charming – and calming – explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position.”

*Ellen Singer, New York Times-acclaimed bestselling author*

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. “Please Explain Anxiety to Me” gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves.

Children will:

- learn that they can handle most issues if they are explained at their developmental level
- understand the brain/body connection underlying anxiety
- identify with the examples given
- find comfort and reassurance in knowing that others have the same experience
- be provided with strategies and ideas to help them change their anxiety responses
- be able to enjoy childhood and to give up unnecessary worrying

“On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child’s level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice.”

*Zev Ash, M.D. F.A.A.P., Pediatrician*

“Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach.”

*Rick Ritter, MSW, author of “Coping with Physical Loss and Disability”*

“This excellent book is perfect for parents to read and discuss with their children. It’s also perfect for school professionals to use in the school setting.”

*Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York*

“As a Play therapist, mother and foster parent of children with anxiety issues, this book is exactly what I needed. This family-friendly story not only explains but also normalizes anxiety symptoms. Once this is achieved, children can begin to practice different and hopefully more successful self-care strategies to deal with this sometimes overwhelming experience. Well done!”

*Theresa Fraser, M.A., Canadian Child and Play Psychotherapist Author of “Billy had to move: a foster care story.”*



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