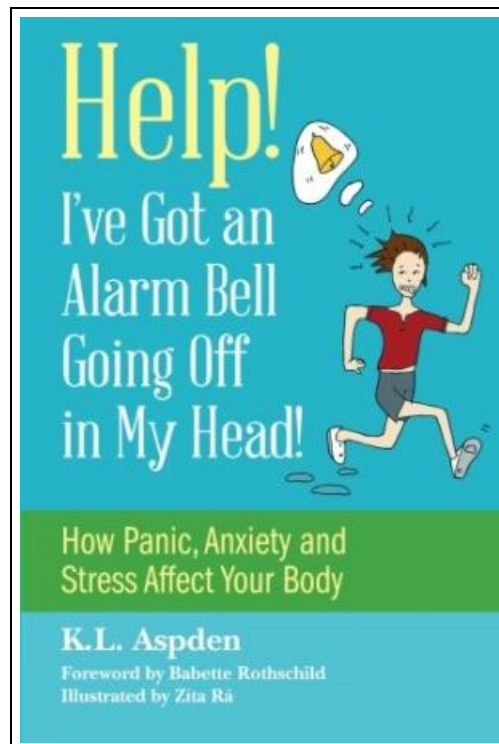# Help! I ve Got an Alarm Bell Going Off in My Head!: How Panic, Anxiety and Stress Affect Your Body (Paperback)

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JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2015. Paperback. Condition: New. Zita Ra (illustrator). Language: English . Brand New Book. 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+, 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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