

Everybody Gets Nervous: A Book to Help Children Cope with Anxiety

Everybody Gets Nervous is a book by Veronica Dinkins that helps children understand and cope with nervousness. The book uses simple language and engaging illustrations to teach children about the physical and emotional symptoms of nervousness, and provides strategies for calming down and coping with anxiety.

What is nervousness?

Nervousness is a feeling of unease, worry, or fear. It is a normal reaction to stressful situations, such as taking a test, giving a presentation, or meeting new people. Nervousness can cause a variety of physical and emotional symptoms, such as:



Everybody Gets Nervous by Veronica Dinkins

★★★★★ 5 out of 5

Language : English
File size : 8279 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 16 pages



- Sweating
- Shaking
- Racing heart

- Feeling sick to your stomach
- Feeling dizzy
- Having trouble concentrating
- Feeling overwhelmed

Why do people get nervous?

There are many different reasons why people get nervous. Some people are more prone to nervousness than others. For example, people who have anxiety disorders are more likely to experience nervousness.

Other factors that can contribute to nervousness include:

- Genetics
- Personality
- Life experiences
- Stress

How can I cope with nervousness?

There are a number of things that you can do to cope with nervousness.

Some helpful strategies include:

- Talking to a trusted adult about your feelings
- Practicing relaxation techniques, such as deep breathing and yoga
- Getting regular exercise
- Eating a healthy diet
- Getting enough sleep

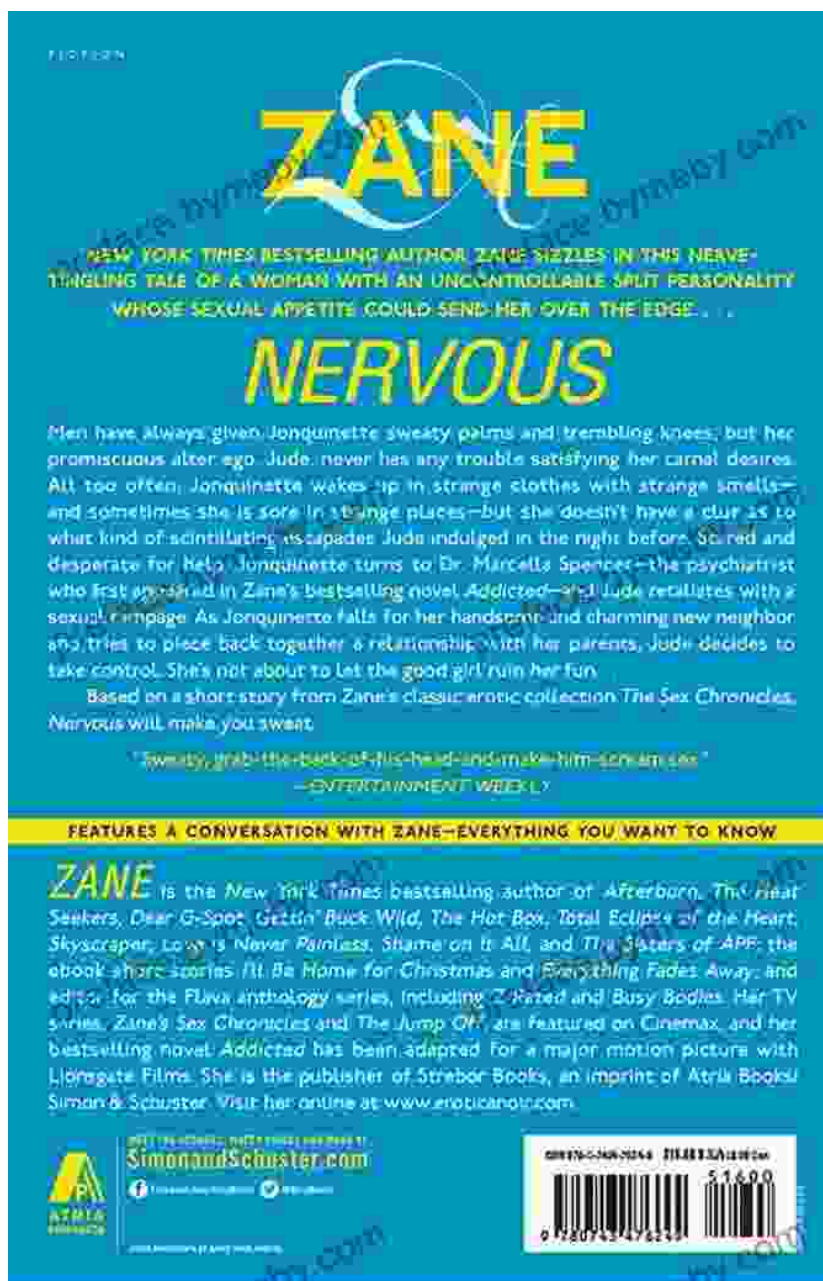
- Avoiding caffeine and alcohol

Everybody Gets Nervous is a valuable resource for children who are struggling with anxiety.

The book provides helpful information about nervousness, and it offers practical strategies for coping with anxiety. Everybody Gets Nervous is a must-read for any child who is struggling with anxiety.

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