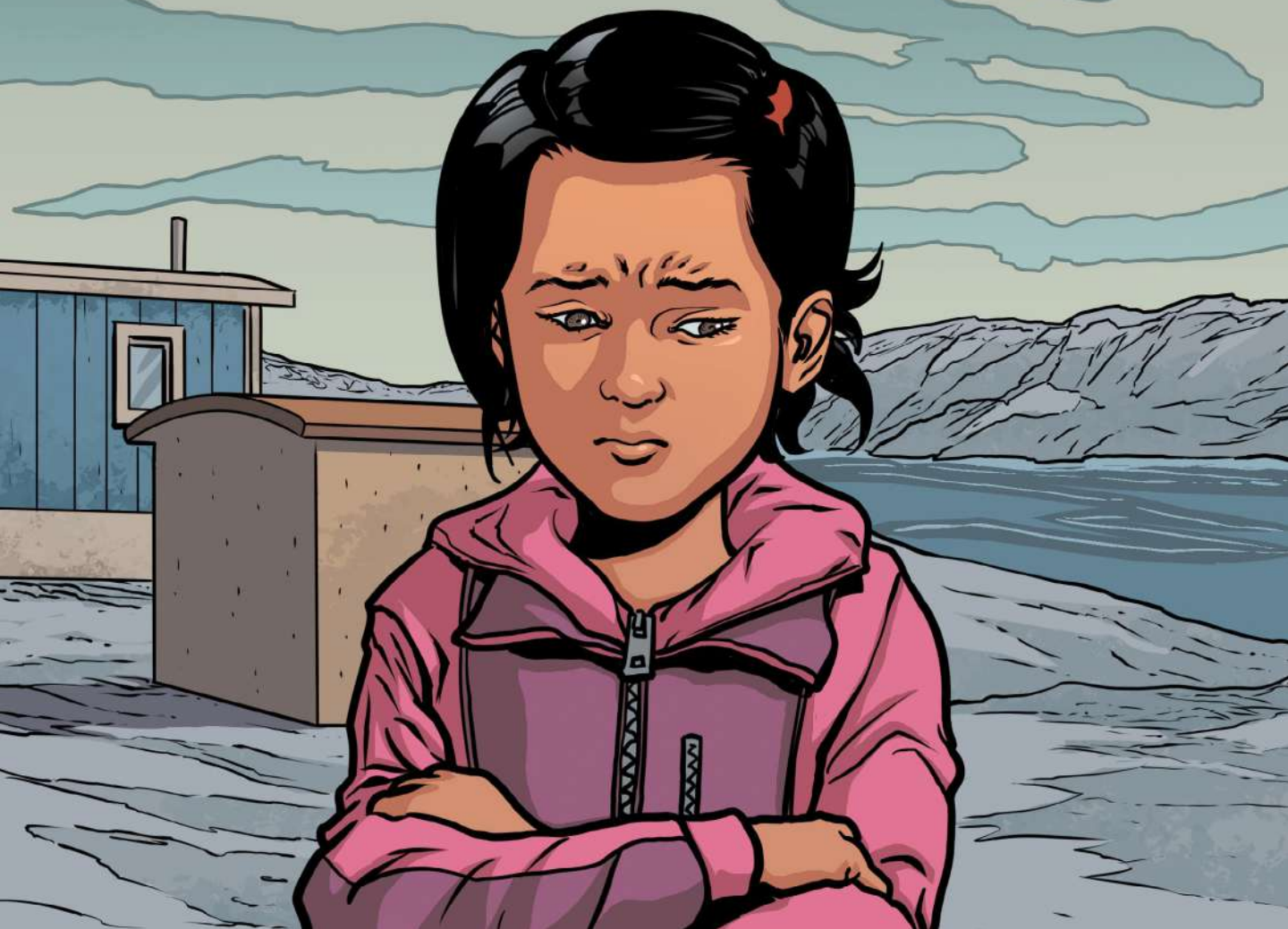


# Taking Care of My Worries



This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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### Book details

- Level:** 11
- Text Type:** Non-fiction
- Subject/themes:** Different kinds of worries, health effects of worrying, reactions to feeling worried, how to deal with feeling worried
- Key features:** Glossary, examples of worries, second-person point of view

# Taking Care of My Worries



Written by  
**Jessie Hale**

Illustrated by  
**Lee Oaks**

Everyone worries!  
You have probably felt worried  
many times. Have you ever had trouble  
sleeping because you were thinking  
about something that might  
happen tomorrow?





Feeling worried every so often is normal. You might worry before you need to do something important, like take a test.

Or you might worry about someone else, like when you have a sick relative.

Sometimes you might worry for no reason at all.

But sometimes worrying can be **harmful**.  
For example, Lizzie is worried about  
how her team will do in their  
hockey game tomorrow. She gets so  
worried that her stomach hurts and  
she tells her coach she can't play.  
Worry is stopping her from doing  
something she likes.





Lots of worry can be bad for your body. It can cause headaches and problems with **digestion**, including stomach aches. It can affect your sleep. It can also make you more likely to get colds, **flus**, and other sicknesses.

Here is another example. Joshua and his family are moving to a different community. He is worried he won't make any friends at his new school. His worry makes him feel angry. He shouts at his dad, slams his door, and doesn't help with chores.





Worry can cause you to change how you control your feelings. When you feel worried, you might also feel angry, sad, frustrated, or confused. You might react by yelling, stomping your feet, or refusing to talk.

Here is one last example.  
Alookie is worried about school tomorrow.  
She worries her teacher might ask her  
a question and she might get it wrong.  
That happened once and she was  
embarrassed. She says to her mom,  
“I get everything wrong!”





Worry can make you feel bad about yourself. It can make you feel like you are not smart, even if you are good at many things, or that no one likes you, even if you have good friends.

Taking care of your worries is an important part of staying healthy. How can you take care of your worries?

First, think about the things that make you feel worried. Maybe you feel worried before something important, like a throat-singing performance.

Maybe you worry that something bad might happen to you or your family.



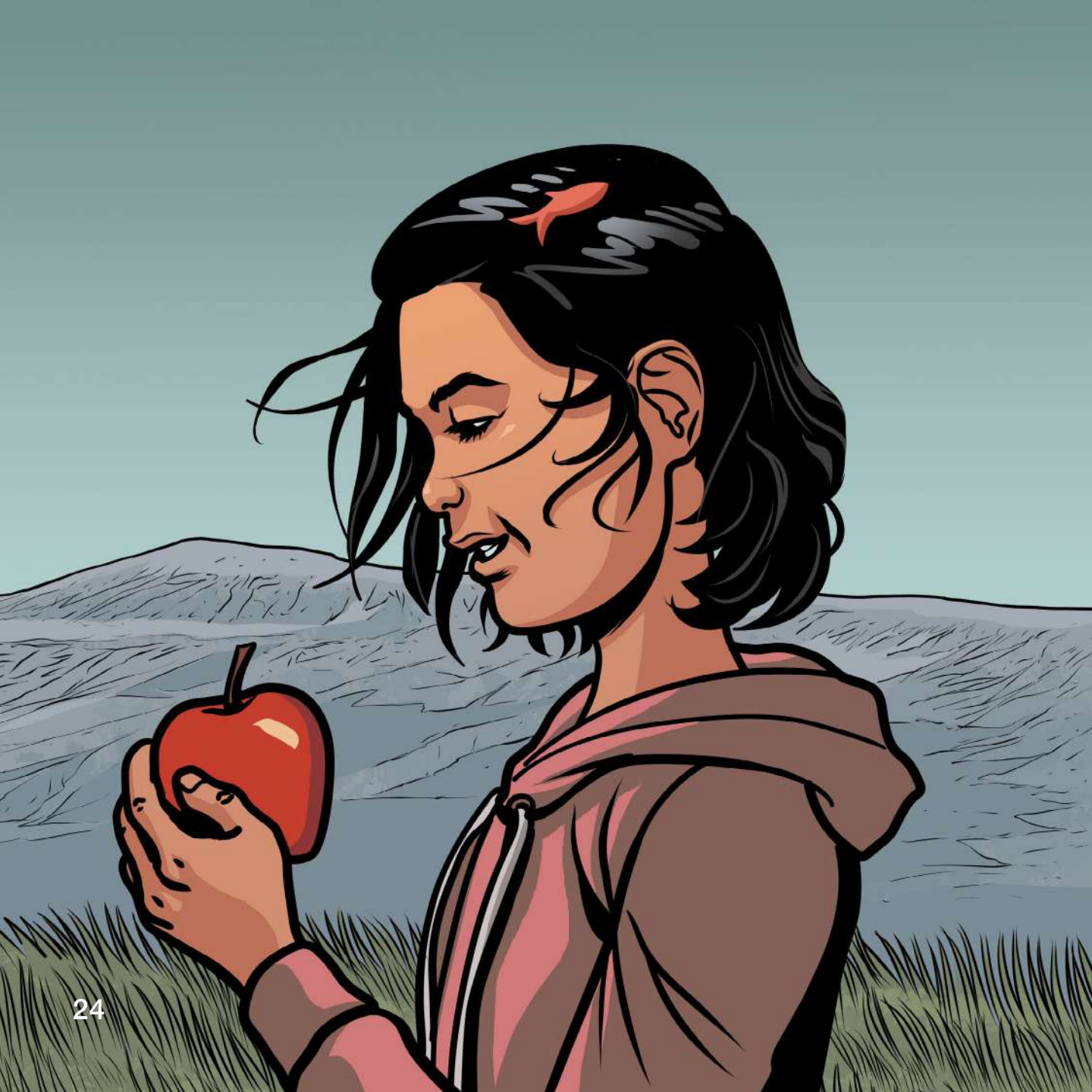


Once you have thought about some things that make you feel worried, talk to an adult you trust. A parent, a counsellor, an elder, or another adult can help you think of ways to take care of your worries. Just talking about your worries with someone can help.

There are things you can do on your own, too. Getting lots of sleep can help. So can eating healthy food and exercising.

You can also try breathing exercises. Take a deep breath in, hold it for four seconds, and then let it out slowly. This will calm your body down.





When you are worried, it can help to keep your mind busy. Look around you and pick out an object you can see. Say the object's name to yourself and think about what it is shaped like and what colour it is. Then name four more things you can see.

Worrying is normal.  
But worrying so much that you get sick,  
feel angry, or feel bad about yourself  
can be harmful. If you think you worry  
more than you used to, talk to an adult.  
You can take care of your worries  
in healthy ways!



## Glossary

**digestion:** the processes in your body that help you take in food.

**flus:** very contagious infections that affect your throat, nose, and lungs.

**harmful:** causing or likely to cause injury.

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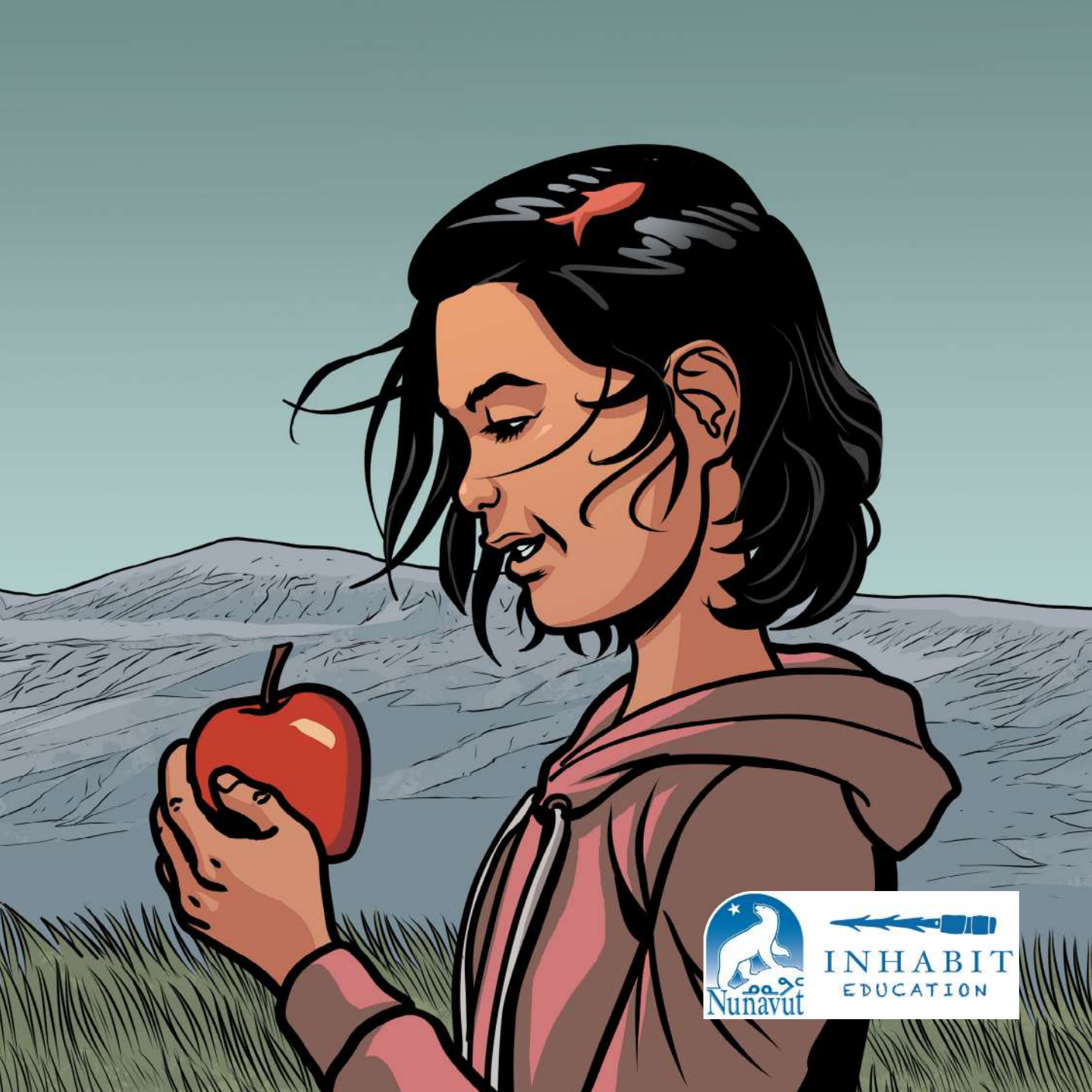
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