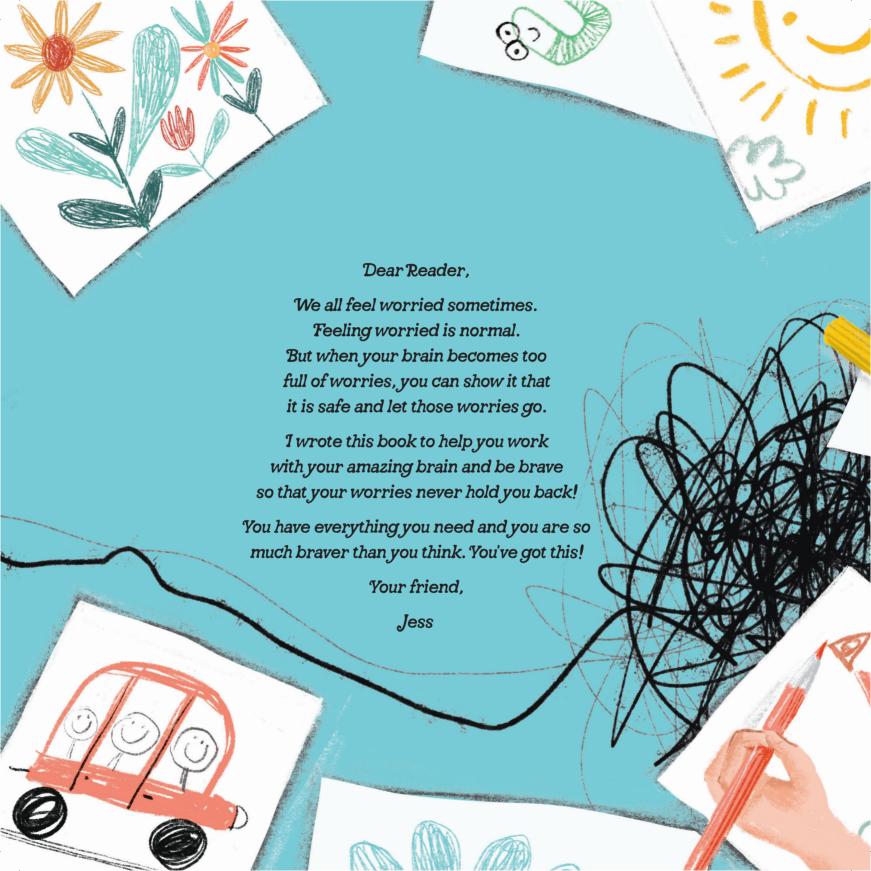




Jess Sanders with art by Irina Avgustinovich

















Whatever your worries might be, you are not alone in having them.



Worrying is a part of being human. We all get worried – even grown-ups!

Some of us worry a little, and some of us worry a lot.

Worries are created in our brains, but we can also feel them in our bodies.





