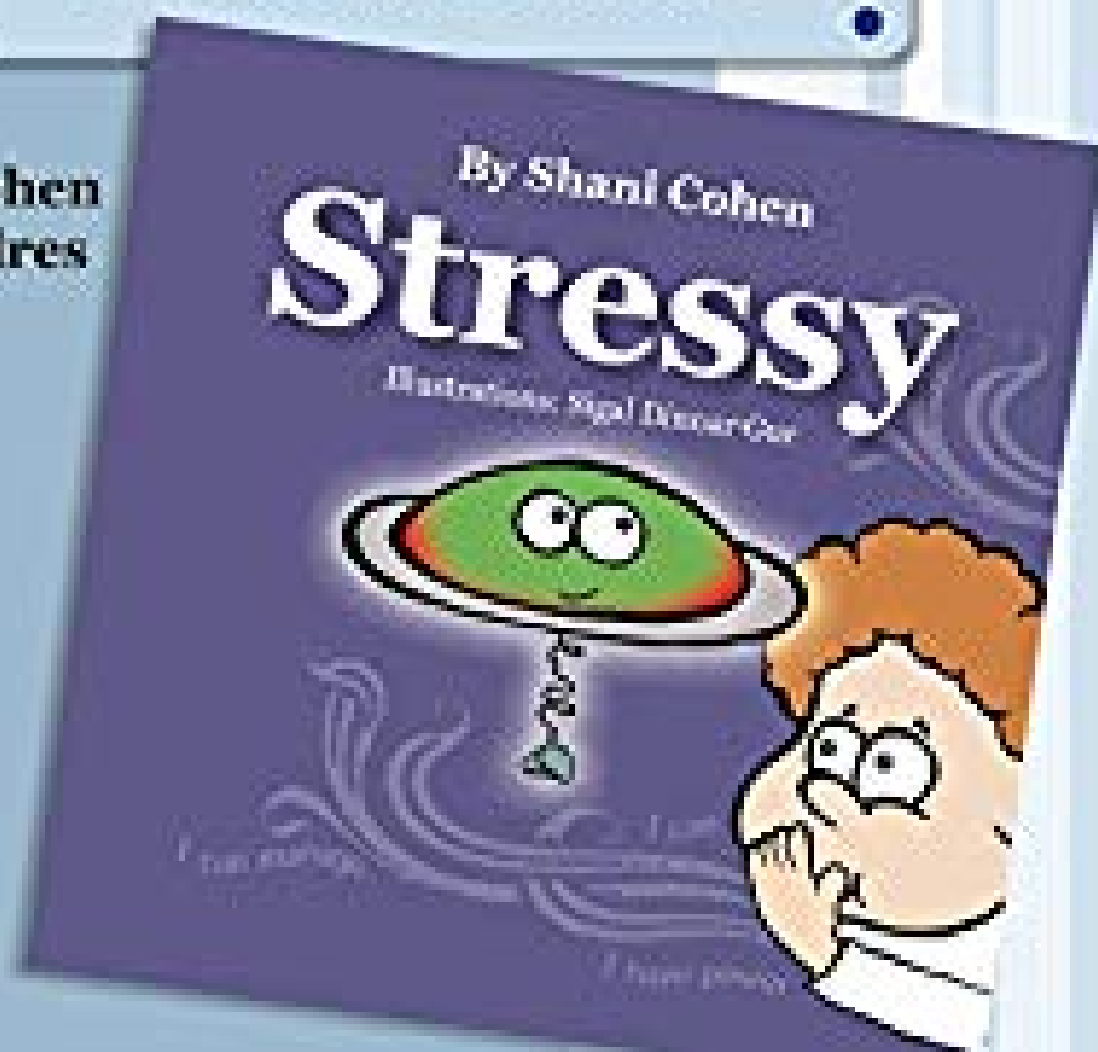


Stressy

Coping with Fear

A Guide for
Parents and Children

By:
Shani Cohen
& **Itay Adres**



Shani Cohen Itay Adres

Stressy - Coping with Fear: A Guide for Parents and Children



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This book deals with children's fears, and suggests ways of cope with those fears from a psychophysiological viewpoint. In these circumstances, when fear overtakes a kid, there are some ways of manage the confused "Stressy" - a jumpy springy feeling. When we are calm and happy, our "Stressy" "Stressy" Whenever we find ourselves in real risk, " is definitely calm and peaceful. responds and assists us overcome the problem (the "battle or flight" response). Sometimes "Stressy" our internal " gets confused; This book invites parents and the kids to practice calming " and to bring it back to a calm state. on" and makes our anatomies and mind react within an unnecessary method, when there is no rational cause to be scared. When we listen to our bodies, we discover " together. is "anxiety button" "Stressy" "Stressy" Educational and therapeutic teams, preschool teachers and therapists will reap the benefits of reading it as well. The book comprises two parts: a children's story and a comprehensive article introducing the many techniques for dealing with fear.



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