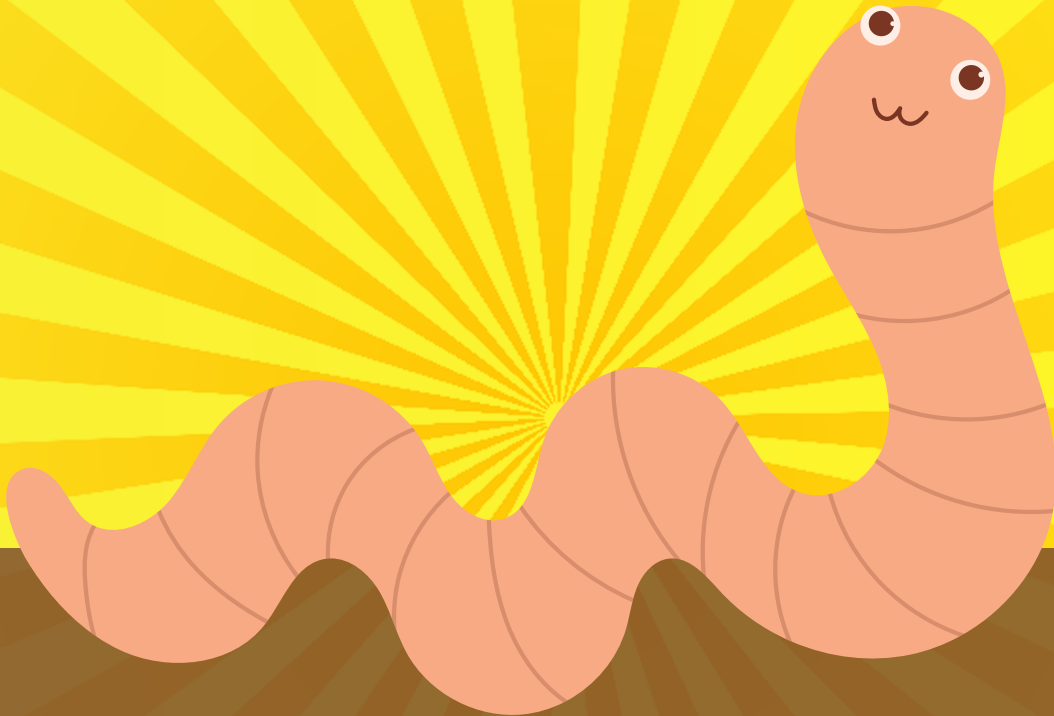


The Worry Worm

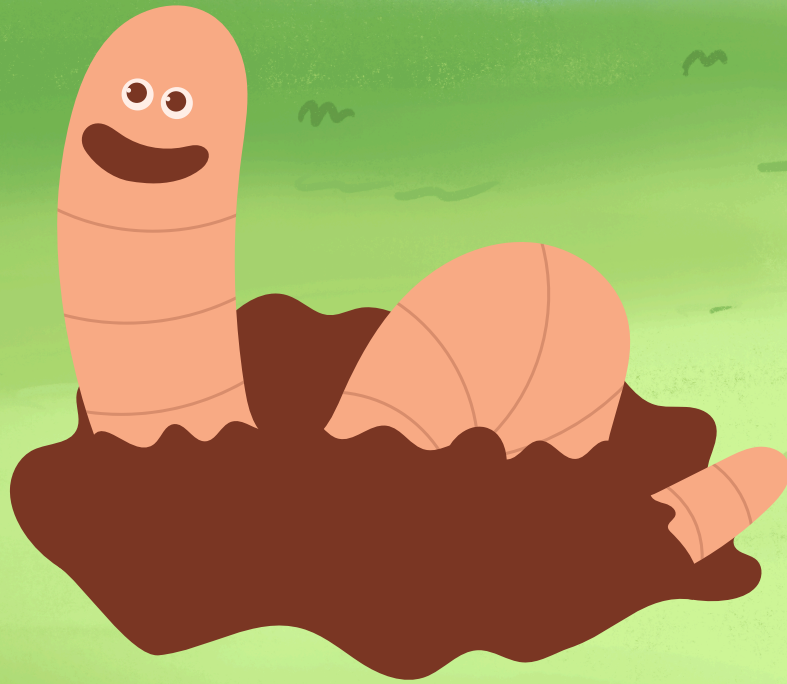
A CHILDREN'S BOOK ABOUT ANXIETY



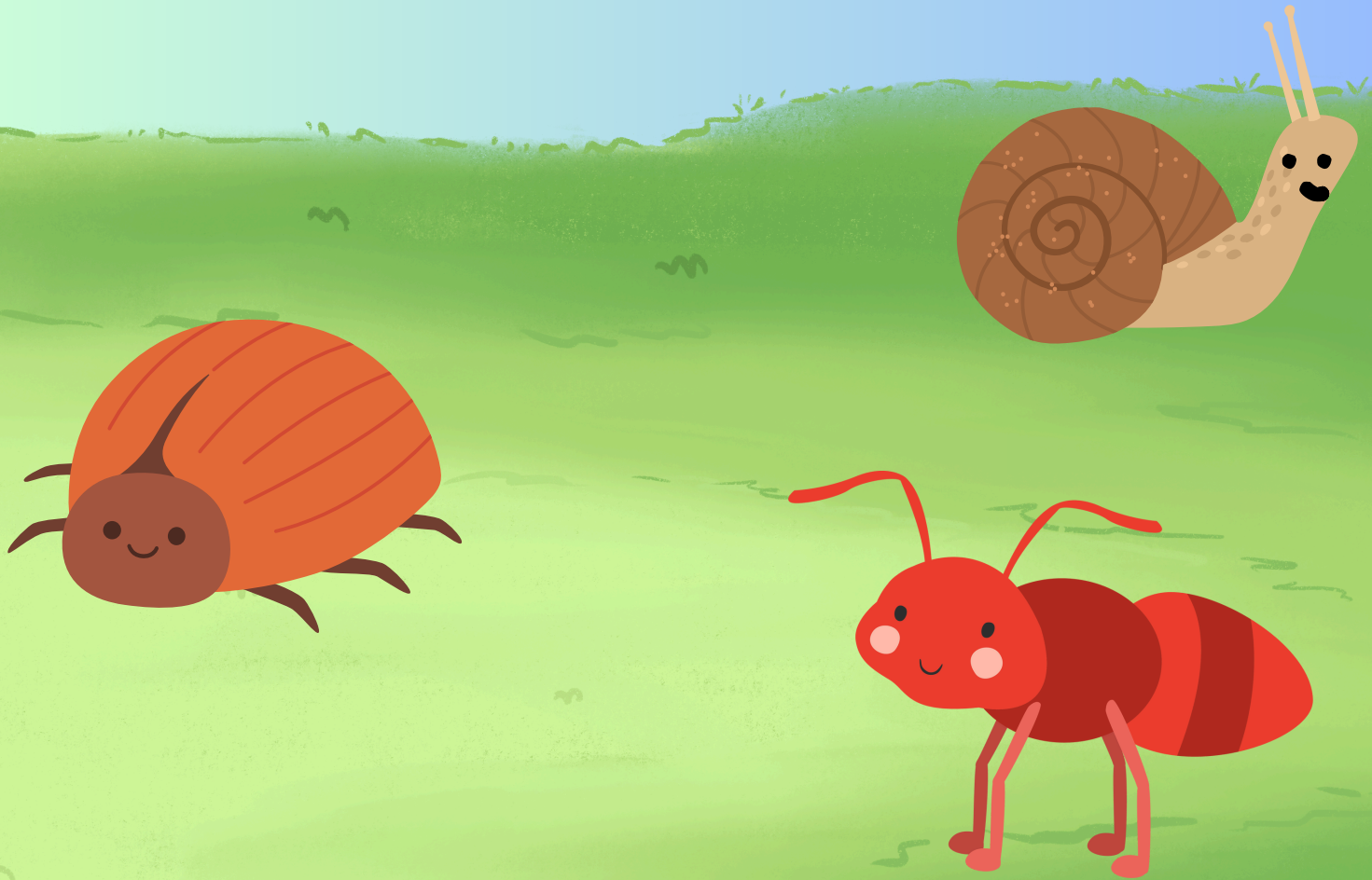
Written and Illustrated by Yusra Rahman
Reviewed by Dr. Raafia Siddiqui

The Worry Worm

Written and Illustrated by Yusra Rahman
Reviewed by Dr. Raafia Siddiqui



**There once lived a worm named
Mr. Wiggles.**



**He loved to hang with his friends
and share some giggles!**

**Mr. Wiggles enjoyed his worm life,
but something got in the way.**

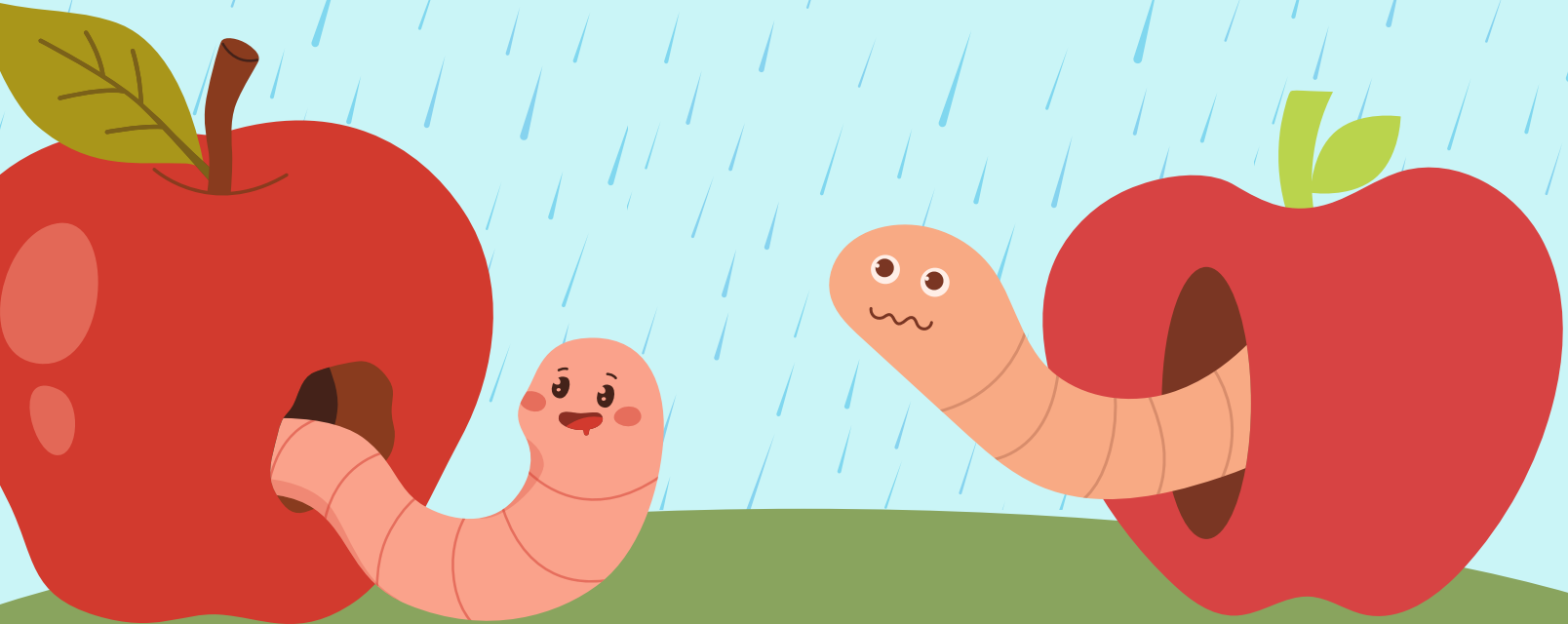


**He worried so much, he could
hardly play!**



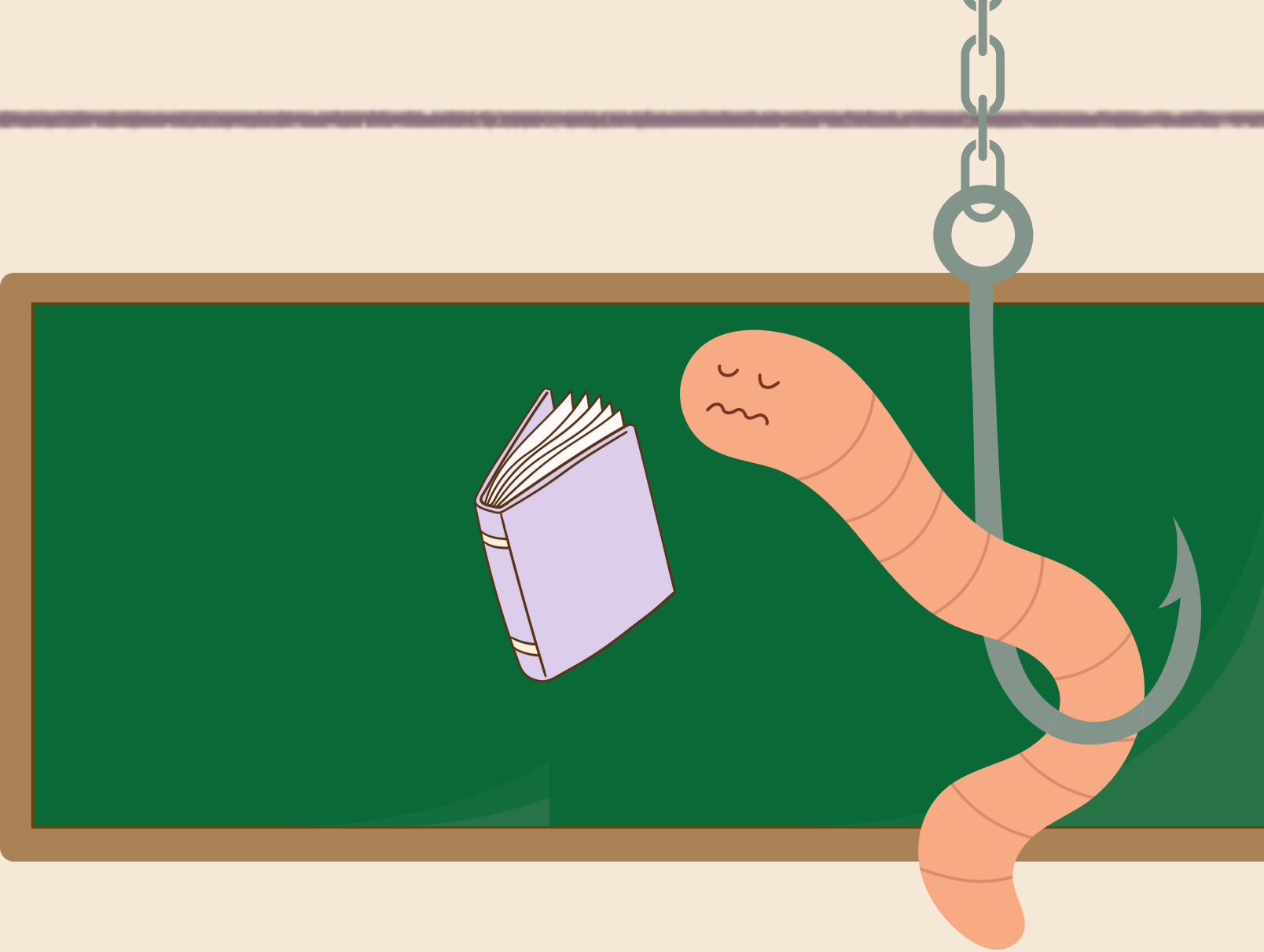


**He worried about the rain clouds
and meeting someone new.**



**He worried about his mom when she
had the flu!**





**When standing to read, he would
get the shakes.**



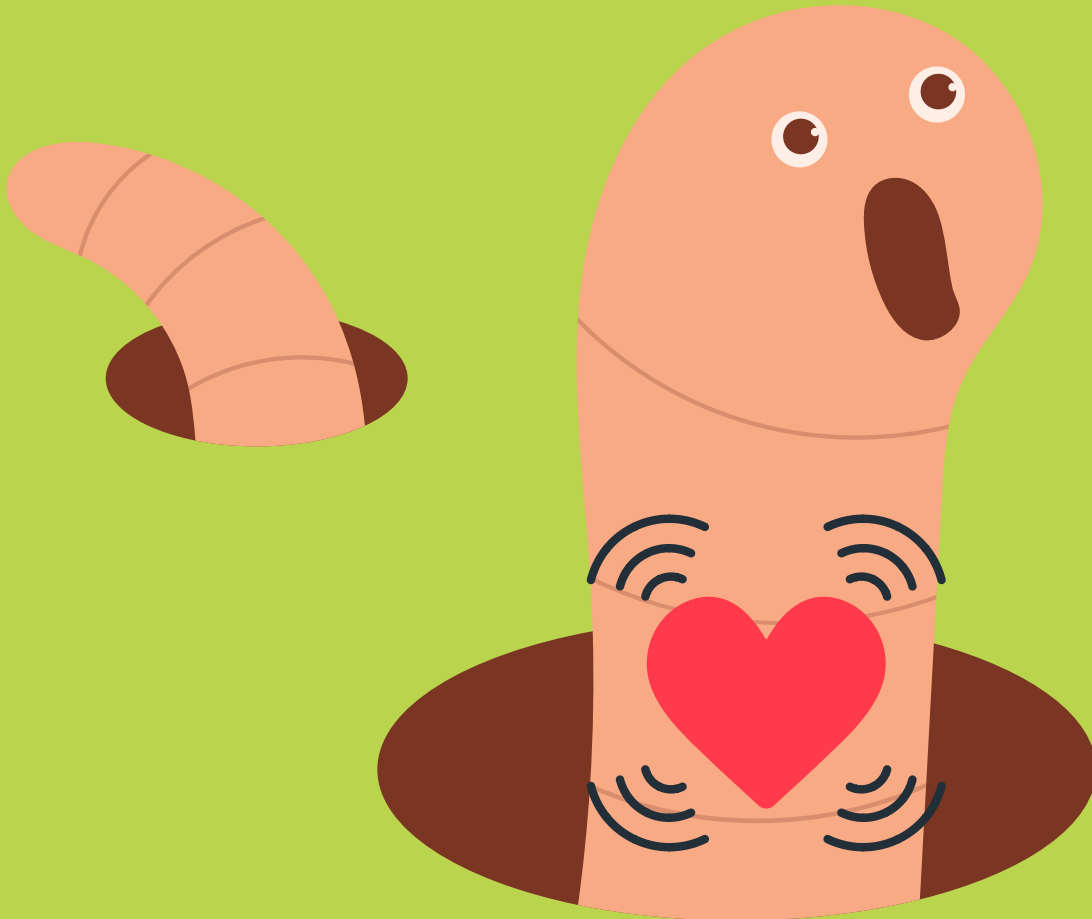
**Eventhough he knew, he had what
it takes!**

**When he got
nervous,
His stomach
would get tight.**





**He would try to
wiggle it away
But it just did
not feel right!**

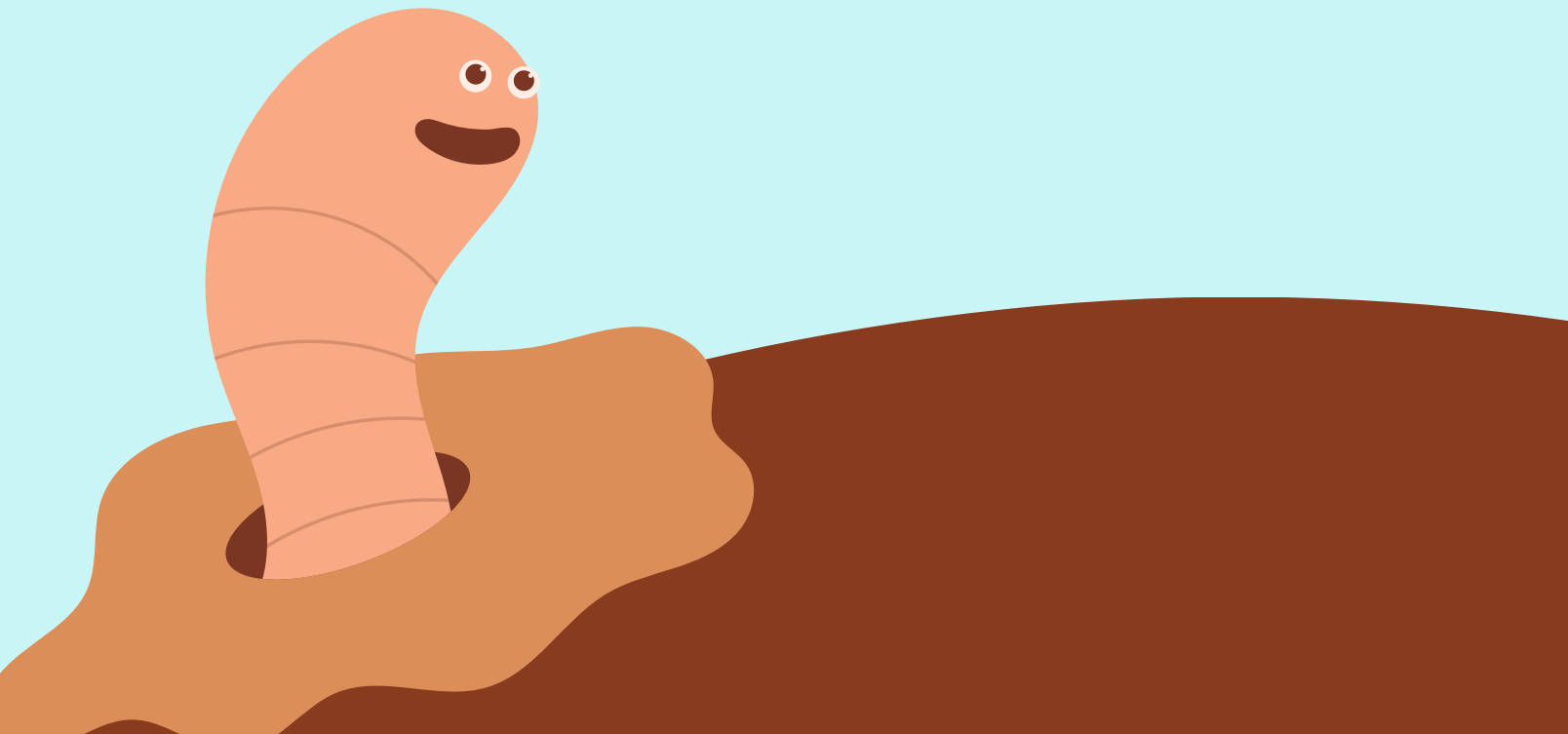


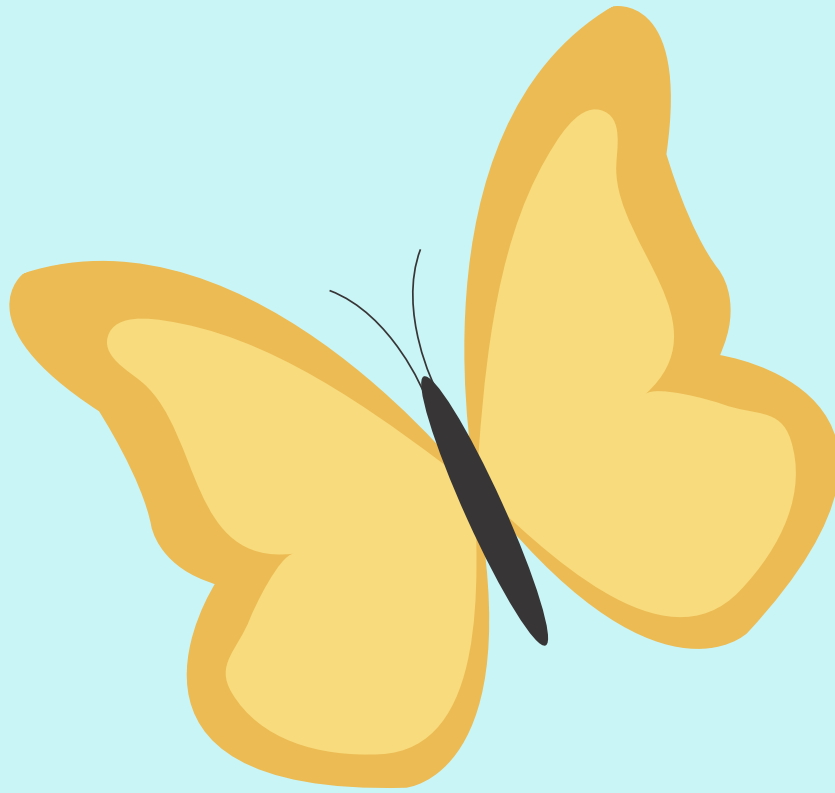
**It became hard for him to breathe,
and his heart would beat fast.**

He sometimes wondered:

**HOW LONG
WILL THIS
LAST?**

**On a bright sunny day,
Mr. Wiggles looked up to the sky.**



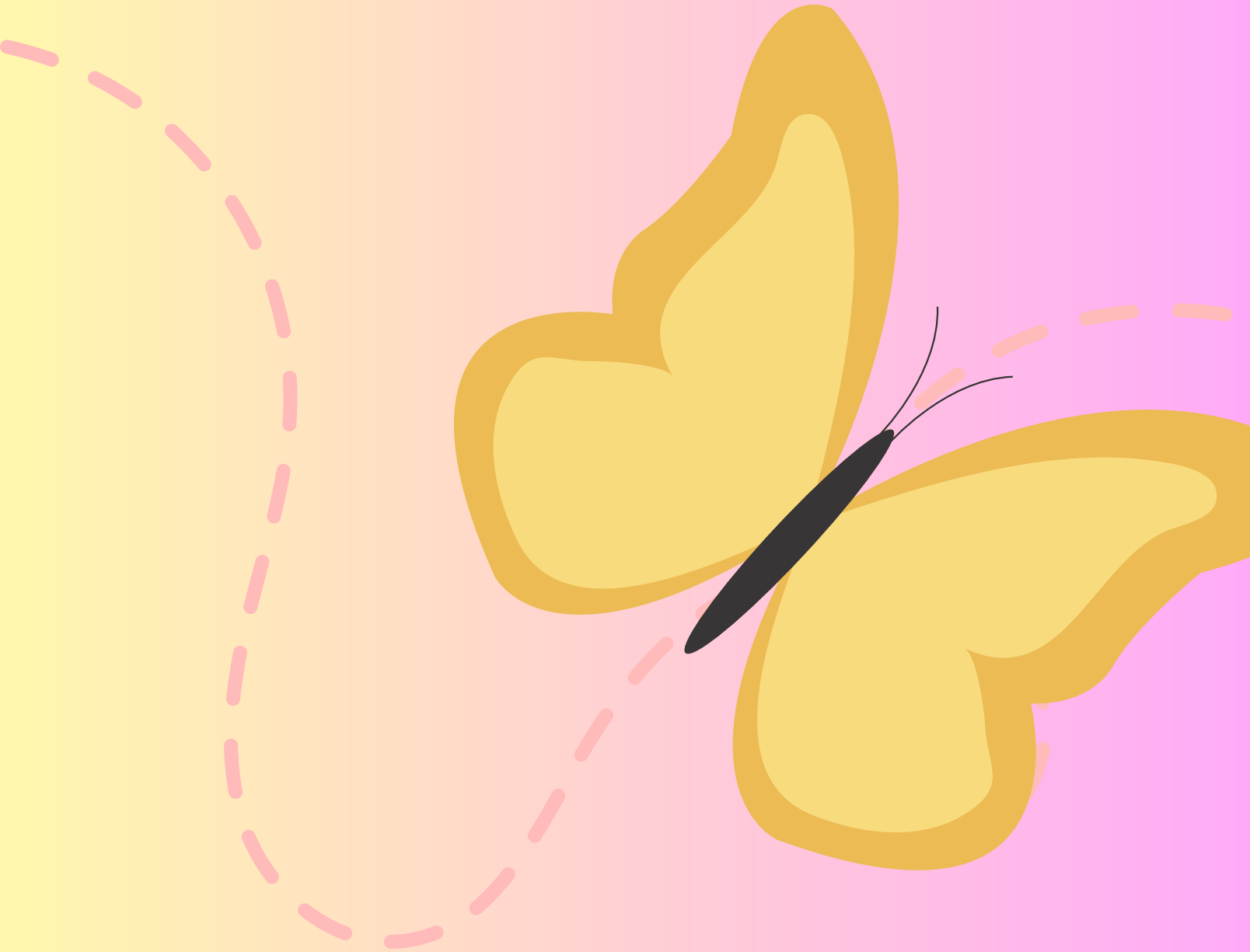


**He was pleased to see,
A beautiful butterfly!**

The butterfly knew...



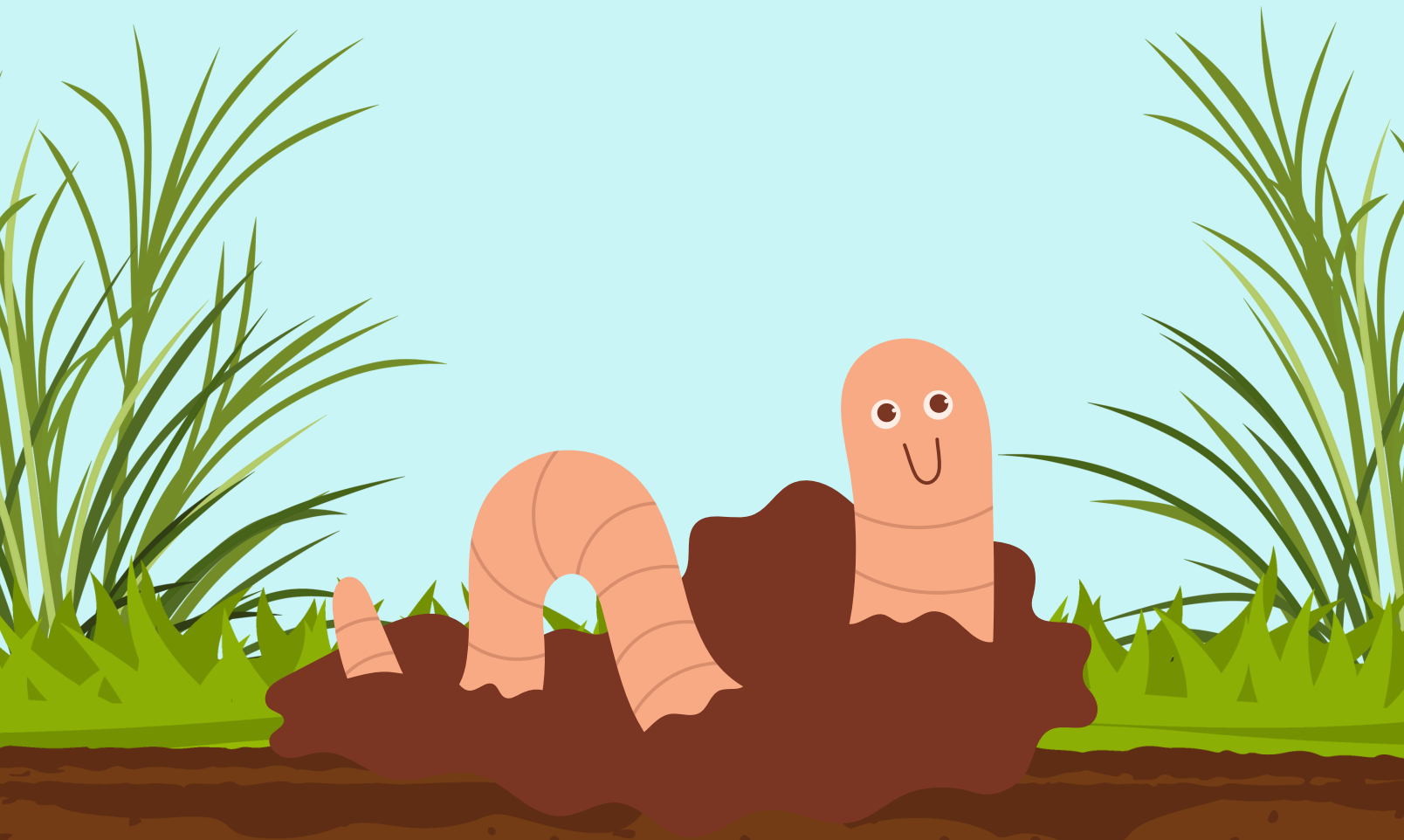
Just what to do!



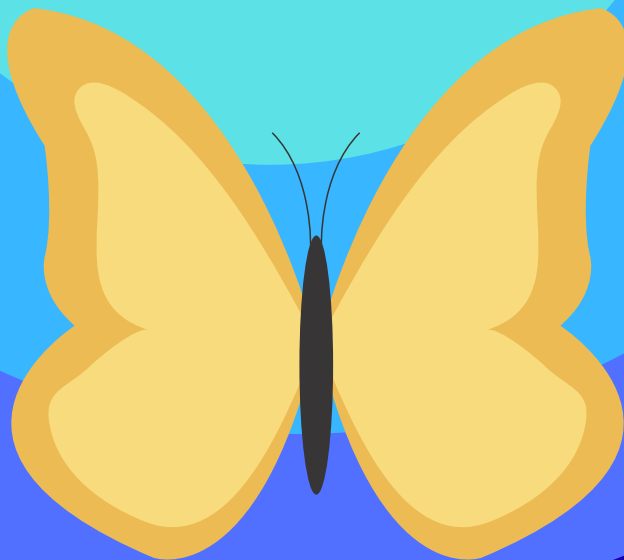
**She taught Mr. Wiggles some tricks
to handle his worry.**



**She stayed by his side
and she was not in a hurry!**



**Breathe in with me slowly she said,
like blowing a bubble.**



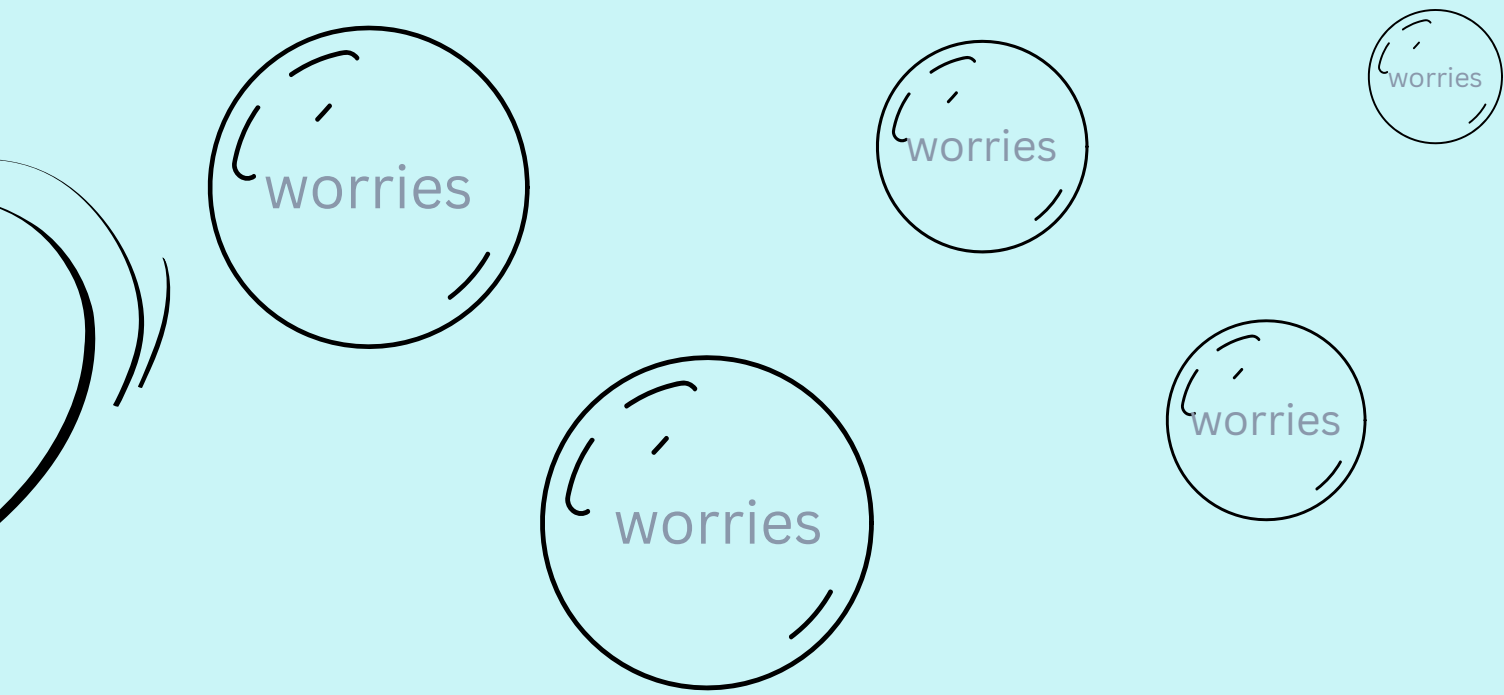
**It helps when you're overwhelmed,
and feel like you're in trouble!**



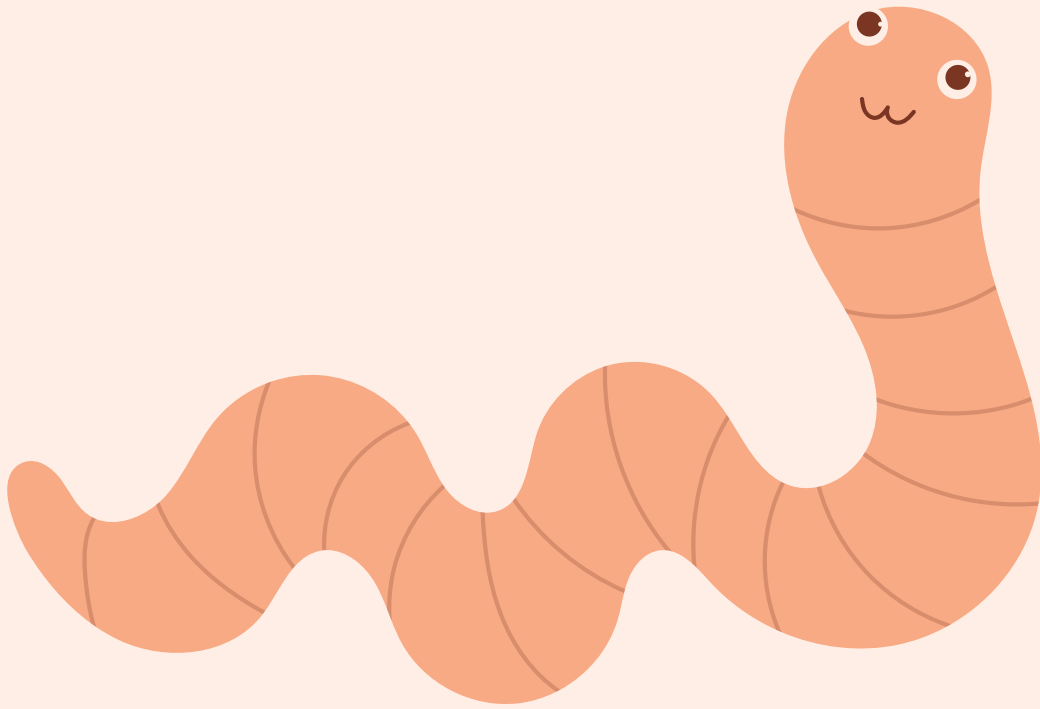
**Mr. Wiggles breathed in,
then out nice and slow.**



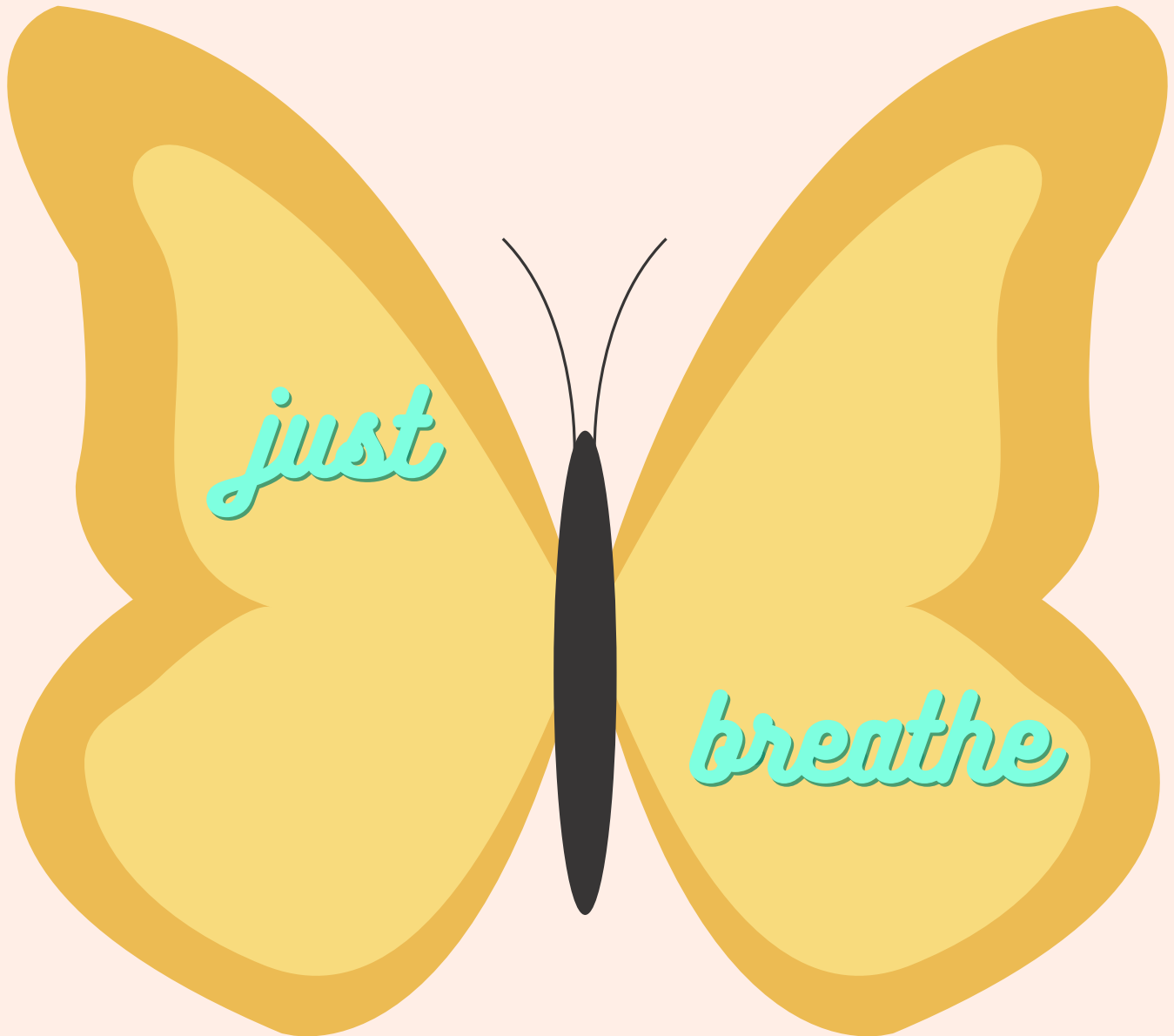
**And soon enough, his worries began
to let go.**



**Now when Mr. Wiggles worries
about something scary and new...**



**He just remembers,
do what butterflies do!**



DISCLAIMER:

This book is not meant to replace medical advice. Contents of this book are for educational purposes only. Always seek the advice of a qualified healthcare provider with any questions you may have regarding your medical condition. If you are experiencing a medical emergency, call your local emergency services immediately.

Resources

Kid's Help Phone



**Anxiety in Children:
Anxiety Canada**



Deep Breathing for Kids



**Anxiety and Children:
American Academy of Child
and Adolescent Psychiatry**



ABOUT THE AUTHOR

Yusra Rahman is a fourth year undergraduate student studying Health Sciences at McMaster University. Having eczema as a child growing up, she knew how challenging it could be for young children to deal with health issues. Channelling her interest in graphic design, she started a children's books series on various health issues. Her goal was to empower children by normalizing and educating them on common medical conditions. In her free time, Yusra enjoys playing and coaching soccer.

ABOUT THE EDITOR

Dr. Raafia Siddiqui is a family physician working in Markham Ontario. She completed her Medical Doctorate at McMaster University and her residency in family medicine at the University of Toronto. Dr. Raafia has clinical interests in newcomer health, functional medicine, and psychotherapy. Outside of work, she enjoys spending time with her 6 month old daughter.

