



Stop! **Worry Wall** is invading your brain!

Use Superflex's Very Cool Five-Step Power Plan to defeat this Unthinkable.

Power #1: The Decider power helps you to stop, describe, and decide the powers of the Unthinkable.



- **Worry Wall** makes people worry too much and see all worries as big worries. Worry Wall is best friends with the new Unthinkable Emotion Commotion who gets people to focus on their negative emotions.



Worry Wall

Power #2: The Social Detective power helps you to observe the situation and the people in the situation.



- Your Social Detective notices that everyone has some worries or fears, but some citizens seem to have a lot more of these feelings than others. Your detective can help you notice that the size of the worry or fear you have is related to how big you think a problem is or might be.

Power #3: The Brakester power helps you to stop and think to discover the hidden rules.



- It's very important for citizens to spend the time to stop and think about what's worrying them. They need to learn to figure out the difference between a very big, real problem and a small problem or glitch, which will help them learn to let go of their worries or fears.

Power #4: The Flex Do-Body power helps you to use flexible thinking to choose strategies to use to do what's expected.



- Talk to a counselor, therapist, or parent when your brain feels like it's stuck on being worried or is filled with fear a lot of the time.
- When you work with an adult, here are some ways to work on learning about your worrying:
 - ◆ Make a list of what makes you the most worried or fearful and of activities that keep you calm.
 - ◆ Create a worry scale where you can list your worries and fears from being a size 1 to a size 5. Chart the things from your lists on this scale.
 - ◆ Work with your therapist or counselor to try to understand if size 3, 4, and 5 worries are real problems or whether your brain is making them feel bigger than the problems actually are.
- This learning takes time. You'll learn to worry less if you let yourself have the time to work on this.

Power #5: The Cranium Coach power helps remind you to use your self-talk to tell yourself you've done well using new strategies.



- You can tell you've done this today when you can say to yourself: "I'm doing a good job taking the time to learn about my brain and to find out how to calm down some of the worries I have that are bigger than the actual problems."