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***I Feel Worried:  
Tips for Kids on Overcoming Anxiety  
(Part of How to Make and Keep Friends Series)  
By Nadine Briggs and Donna Shea***

**Anxiety is Normal:  
HOW YOU HANDLE IT DETERMINES YOUR POWER TO NOT  
LET IT CONTROL YOU**

Worry is also known as stress, fear and anxiety. Most worries start off with a “what if” thought. What if:

- I get made fun of?
- I don’t do well on the test?
- I’m not as good as everyone else?
- I don’t know anyone?
- I get hurt? ...

Without the tools to address anxious feelings, they can easily become overwhelming and for some people, even debilitating. Best-selling authors and social-emotional learning experts, Nadine Briggs, Director of Simply Social Kids, and Donna Shea, Founder of The Peter Pan Center for Social & Emotional Growth, are not only in-demand for their work with children, but are themselves mothers of children with special needs. Aimed at helping children and parents address childhood anxiety and other social-emotional challenges, they have co-authored the *How to Make and Keep Friends Series*, which includes their practical and enormously helpful new book/workbook, *I Feel Worried: Tips for Kids on Overcoming Anxiety*.

“Sometimes your brain can become stuck on a thought that plays over and over in a loop,” says Briggs. “A stuck thought might actually be a worry and you may not even be aware of it.”

Shea adds, “The thing about worried thoughts is you never want them to make decisions for you.” Through *I Feel Worried*, Briggs and Shea teach young readers how to fight back as an “expert worry ninja.” The workbook acts as a self-help guide to learn what worry is, how to identify and manage it by providing a variety of take-away tips, strategies and activities that kids, parents, teens, teachers, counselors and other adults that work with children can easily remember and implement.

Unlike other social-emotional curriculums, Briggs and Shea use common, everyday language and simple social phrases that enable kids and parents to attain, sustain and maintain improved social skills. They see the “sticky spots,” state the obvious and connect the dots to help shape a child’s reactions and interactions.

In an engaging, insightful and incredibly useful interview, Briggs and/or Shea can discuss:

- Identifying worried feelings and the physical sensations of anxiety
- The differences in their approach to social-emotional learning from other leaders in the field
- Calming exercises to choose when anxiety-provoking situations arise — you can be stronger and more powerful than the worry!
- Practical, easy-to-implement strategies and coping skills to become a Worry Ninja
- Building a toolbox to handle anxious feelings — you can be in control
- Real scenarios and examples of how a parent, caretaker, or teacher would coach a child through an anxious moment
- How to make and keep friends — a key worry for so many no matter what age!
- And so much more...

**Nadine Briggs, Director of Simply Social Kids, holds dual-graduate level certifications in Coaching Children & Teens and Coaching Children and Teens with ADHD. She is also certified in the Girl Meets World curriculum and has had training through the Child Anxiety Network. Donna Shea, is the Founder of the Peter Pan Center for Social and Emotional Growth and holds a BA in Behavioral Science from Lesley University in Cambridge and is a pioneer in the concept of a non-clinical approach to social-emotional learning. Shea’s award winning programs have been helping children achieve social success for over fourteen years. Briggs and Shea are also certified in bullying prevention through the Massachusetts Aggression Reduction Center.**

**Both Briggs and Shea are parents of children with special needs that include Down Syndrome, ADHD, Anxiety, OCD and Sensory Processing Disorder. They are passionate about helping kids make and keep friends and together formed How to**

**Make and Keep Friends, LLC. Each facilitates community-based social learning groups at their centers in Massachusetts and have created the Social Success in School initiative. This comprehensive group of programs for students, educators, and parents is designed to foster positive social skills and interactions at school and among students. Their focus is to pro-actively prevent bullying before it happens with a focus on strategies and tools to build confidence, promote kindness and empathy, accept differences and teach conflict resolution.**

**Connect with Briggs and Shea on [www.howtomakeandkeepfriends.com](http://www.howtomakeandkeepfriends.com), Twitter, and [Facebook](#).**

***I Feel Worried: Tips for Kids on Overcoming Anxiety* can be purchased from Amazon.**

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