




PHOBIAS



A **phobia** is when you're
really, really scared of
something.



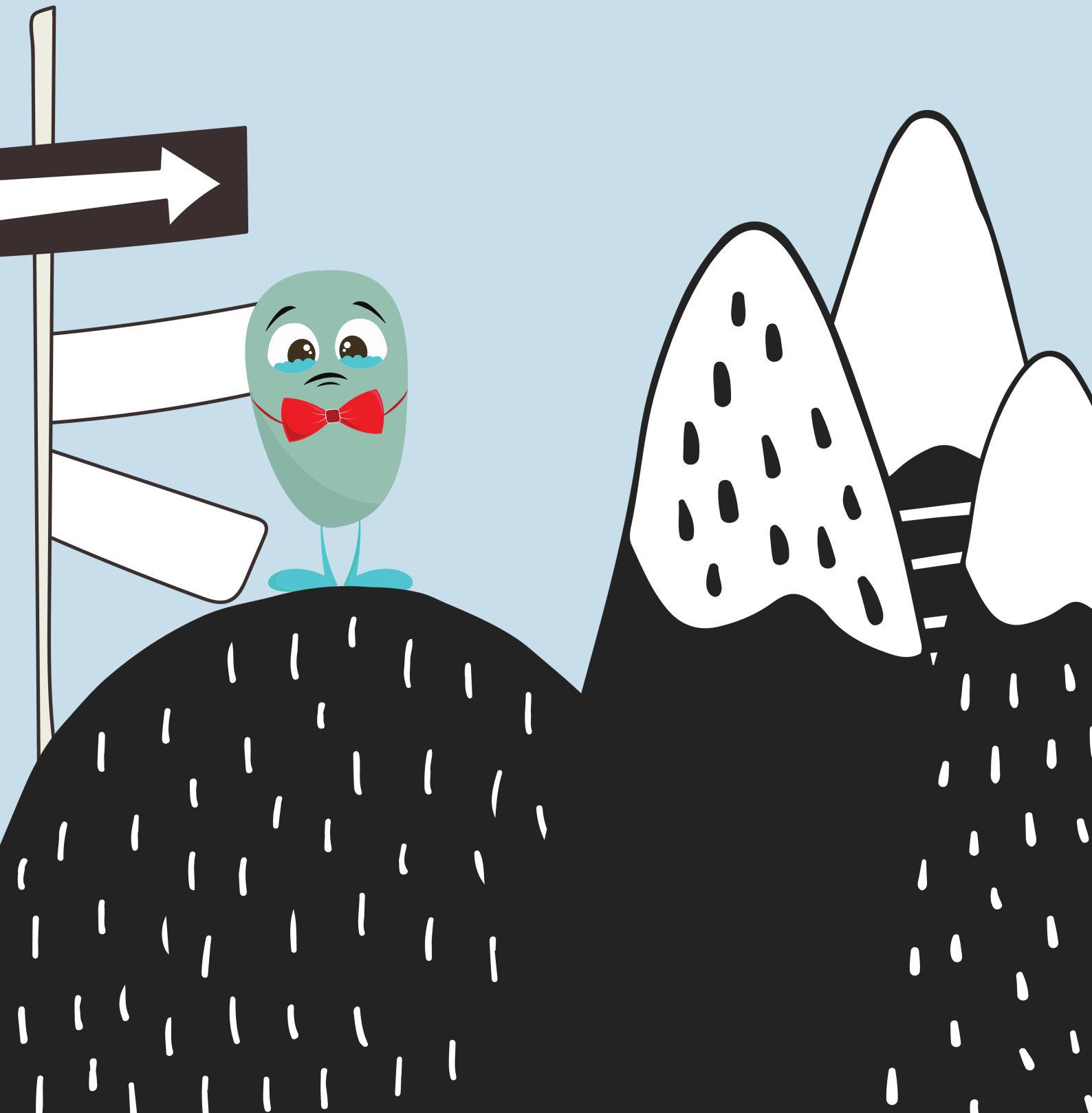


It is normal to be afraid of things from time to time, but a phobia is different.

It is a **very** strong fear that does not go away.



It can make you feel **very**
upset.



Phobias can be about all sorts of things. Here are some of the most common phobias:

HEIGHTS

DOGS

GERMS

FLYING

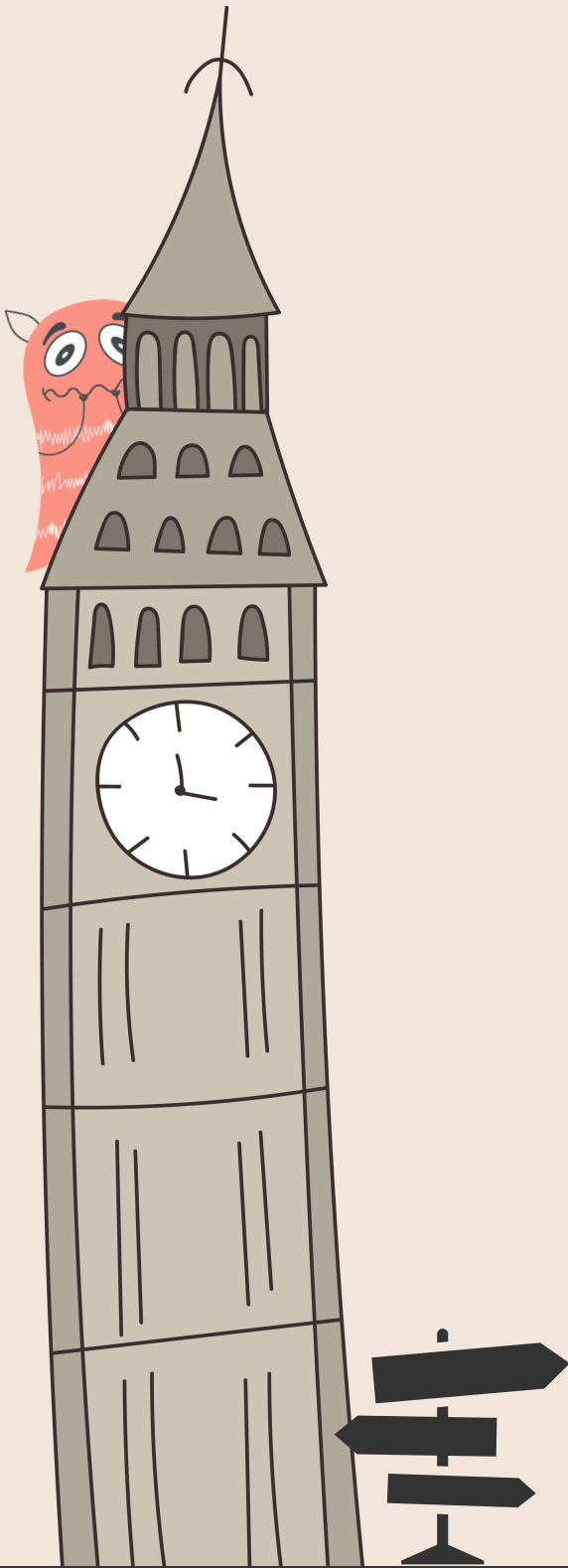
SPIDERS

CROWDS



If you have a phobia
of something, you
may become very
poorly when you are
near it.

You may try to
avoid it and
sometimes, this can
make things difficult.

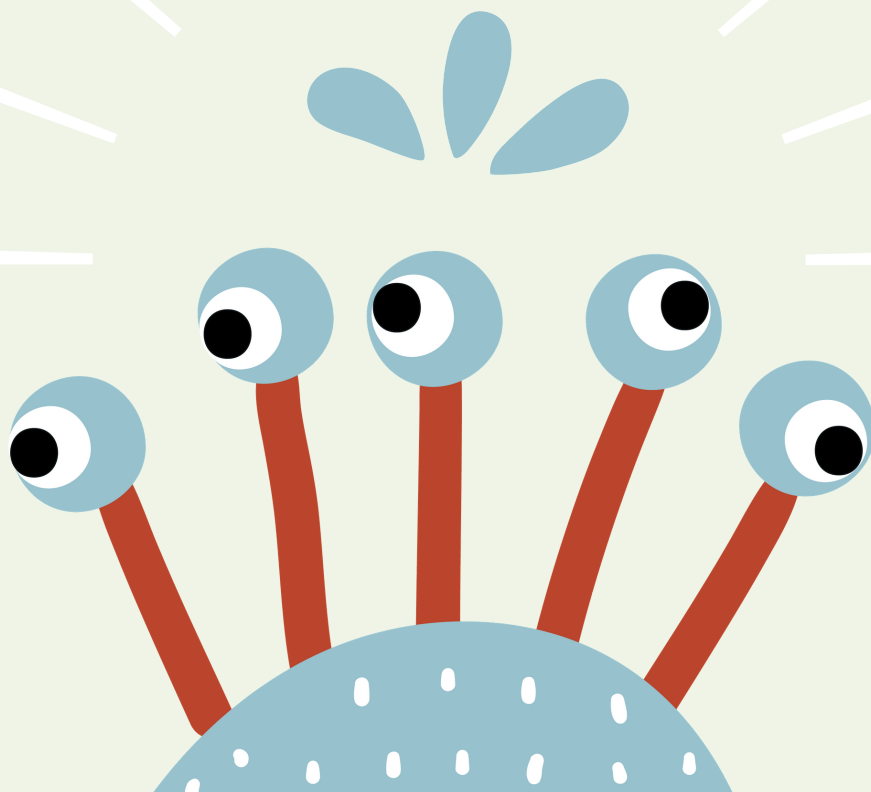


Phobias can make you feel:

Scared
Panicked
Sweaty
Sick
Hot
Dizzy

Like your heart is about to
jump out of your chest.

A phobia can sometimes lead to
a **panic attack.**

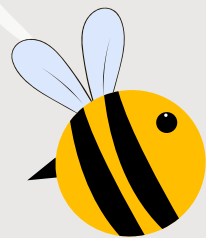


A **panic attack** is when you become very scared and worried very quickly.

You may feel like you can't breathe and like your heart is beating really fast.

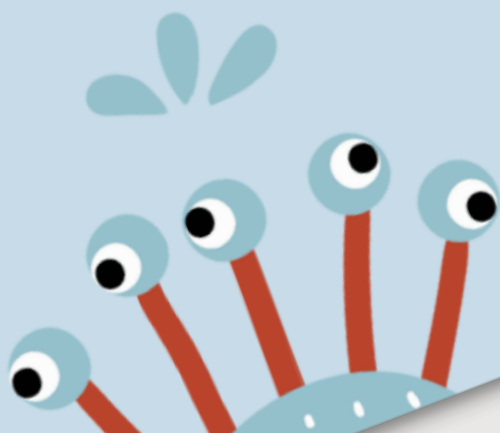


Although frightening, panic attacks are **not** dangerous.

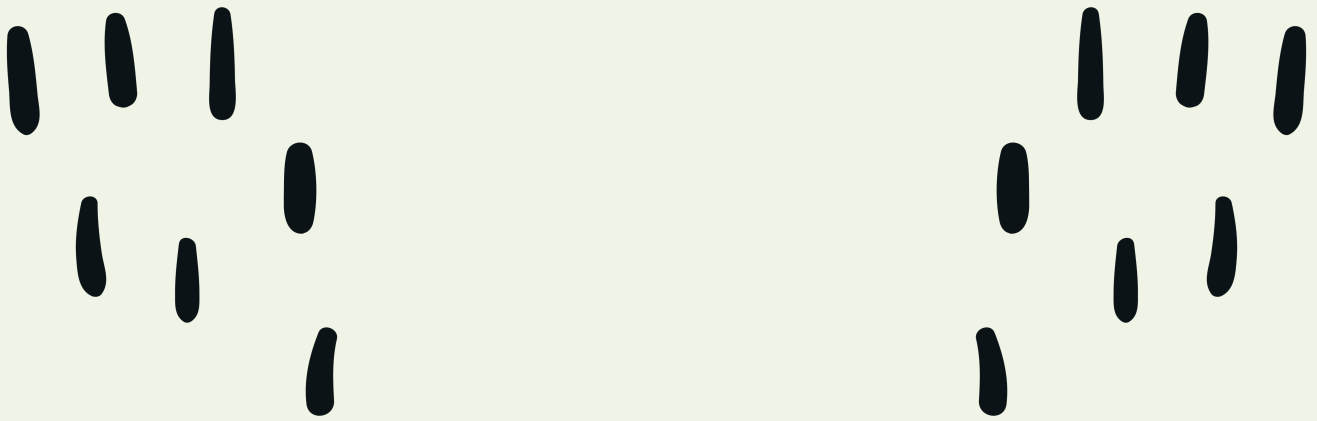


You can read more about panic attacks in our Panic Attacks booklet.

BE HAPPY
**PANIC
ATTACKS**



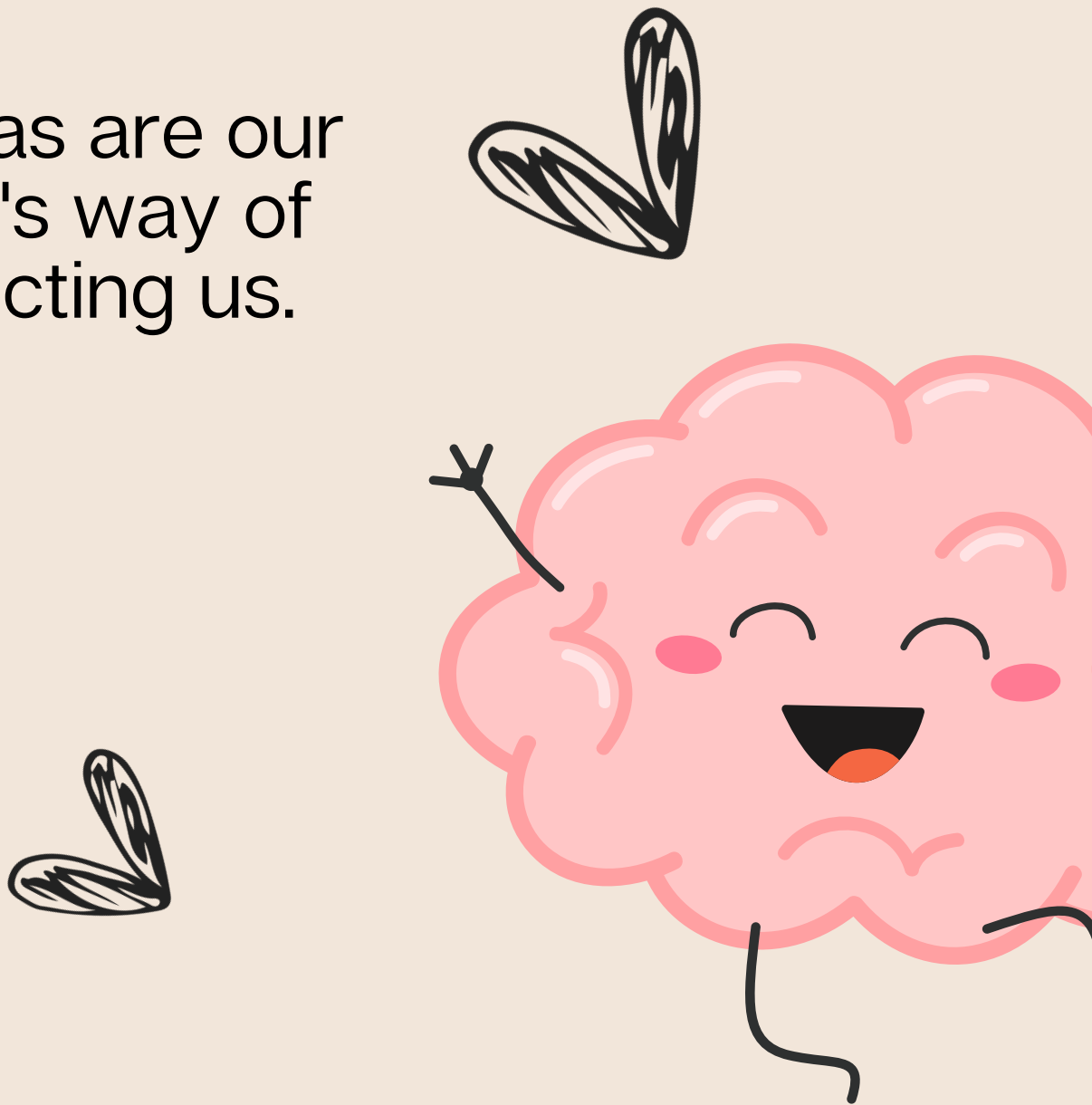
Even though a phobia can
make you feel panicked, it's
important to remember that
you will be ok.



It is just your brain making
you think that something is
more dangerous than it is.



Phobias are our
brain's way of
protecting us.



But our brain's don't always get it
right! If it is making you feel upset
and poorly, then we need to do
something about it.

**Talking to a grown up
about your phobia can
help.**



It is important we
always speak to
someone when we
are scared or upset.

Do you have any
questions about
phobias that you
would like to ask?



For grown ups.

QUESTIONS TO ASK:

? What are you scared of?

Give the child time to tell you what they are scared of and talk through how this makes them feel.

? How do phobias make you feel?

Talk about the mental effects such as scared, worried, panicked etc. Validate the feelings and reassure them that this is normal.

? How do they make your body feel?

Talk about the physical effects such as fast heartbeat, feeling breathless, sweating, feeling sick and hot.

? What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

? What should you do if you are scared?

Talk to a grown up they trust.

PSST...DID YOU LIKE OUR MENTAL HEALTH MONSTERS?

Then check out our Monster Cards!

- 36 emotion flashcards
- 28 empowerment questions
- 4 mindfulness exercises
- 2 grounding techniques

Promote emotional awareness and good mental health from a young age.



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BE HAPPY