

Embark On A Brave Adventure: Understanding James's Journey



By Lydia Sterry

Illustrations by Joel and Veola Sterry



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Adventure: Understanding
James's Journey**

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Hey there, curious minds, and caring hearts! Join us in an extraordinary tale that dives into the world of little James, a brave soul navigating the tricky waters of anxiety. It's a real-life adventure filled with challenges, heart warming moments, and the power of understanding.

In this story, we unravel James's emotions, much like peeling layers of a mystery. Anxiety, worry, and fear might seem overwhelming, but together, we'll explore how seeking help and talking openly can be the key to unlocking a brighter path.

Just like characters from Winnie the Pooh, we'll discover that everyone's journey is unique, and with compassion, patience, and understanding, we can conquer any fears that come our way.

So, gather around, parents, and kiddos alike! Let's embark on this incredible journey, share insights, and learn the power of openness, support, and kindness. Because understanding and talking about our feelings is the true magic that makes us all feel a little more balanced.

Adventure awaits!

It is recommended for children nine and over.

Reminder to all parents/caregivers: It's advised all children to be linked in with a professional, if they're identifying with any of the 'mental illness' concepts in the 'mental health' series.

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Once upon a time, there was a little boy named James, and he was
scared a lot.

Every time he had to do something new, it felt like he was about to
explode inside. When it was his turn to talk at school, he would get all
panicky, and sweat would drip down his face as he tried to force his words
out.

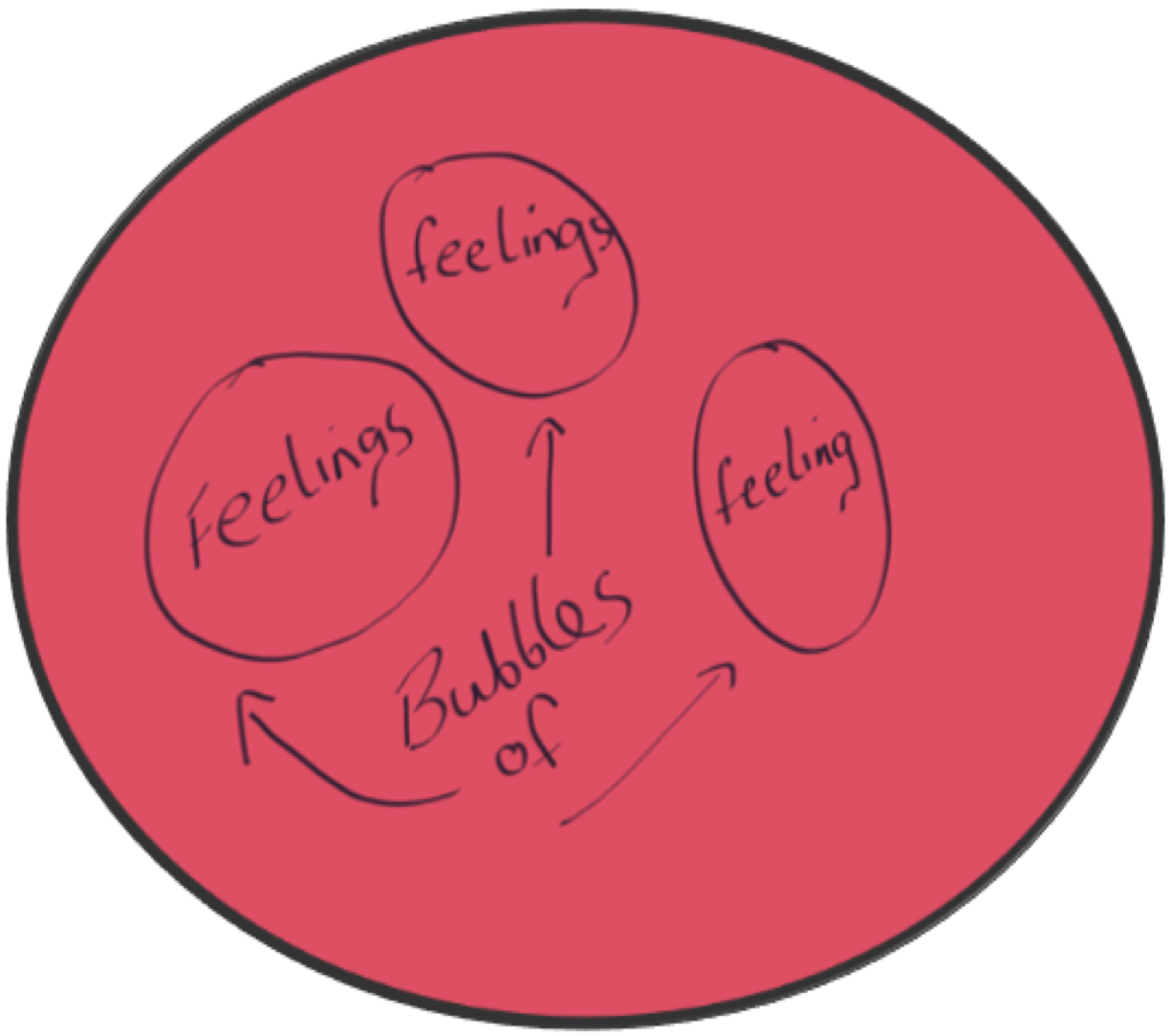


Whenever someone he didn't know asked him something, he felt **super shy and embarrassed**, and sometimes, he couldn't even find his voice.

James's mum noticed how nervous he was, so she took him to new places, hoping it would help him get used to doing new things. But strangely, that seemed to make things even **worse**.

One day, James found himself crying in the middle of a huge new shopping centre with his mum. He felt like the shops were **growing** bigger, and he was getting smaller. It was all so overwhelming. He just wanted to go home, but his mum insisted they stay and finish shopping.

James felt like his feelings were **bubbling** up inside him, so he chewed on his T-shirt until it had little holes.



Trying to shut everything out, he closed his eyes and ended up bumping into people. And then, it happened.

James let out a **big** scream and shouted in bursts of anger. He really just wanted to go home, he didn't know how to cope.

This is a true story about James, who luckily went to see a therapist about his fear. His mum couldn't understand how to help him, and James was really struggling.

The therapist gently suggested seeing a **child therapist** who could help with these feelings.

When James finally saw a child therapist, she explained that James was suffering from **anxiety**. “Anxiety is like a **mental imbalance** where everything feels much worse than it really is. It's when you feel nervous, worried, and scared at levels that others might not understand. Sometimes, families don't talk about these things, but it's essential to share information and correct any misunderstandings. Feelings of anxiety, worry, and sleep problems can be normal, but when they become **really strong and affect daily life**, it might be a sign that something is off balance.”



James was starting to realise he needed professional support.

“There's no need for shame, judgment, or fear. Only understanding.” The therapist added.

“Think of characters from Winnie the Pooh: Tigger might be overexcited, Eeyore might be deeply sad, and Piglet, just like James, might have real worry problems. Piglet, despite his fears, tries his best to work through them.”

James felt better knowing now he was on a supportive track to learning how to live with his anxiety episodes and that finally felt good!

If you or someone you know feels a bit off balanced like James or Piglet, it's good to know that there are things out there to help. The most important thing is to be patient with ourselves and others, talk about it with trusted people, and seek help from health professionals like child therapists.

Talking about these things can help others and ourselves feel more balanced, and that's what we really want, right?

Have you ever asked your special trusted adult to share if they have any anxiety, worry, nervousness? We're all human and if we didn't feel these emotions, we'd be like robots. Maybe you could try sharing your thoughts and feeling about this topic and see where it takes you. The adventure awaits!



The End.

