


# Why Do We Worry?



## Let's take a closer look:


Wow, that was fun! Tomas learned a lot in his lesson today. Let's break it down:

- Worry has been around for millions of years!
  - Humans have always worried – even cavemen.
  - Worry is a form of protection. Worry keeps you alert and allows you to react quickly to danger!
  - A little worry is a good thing. A little worry can protect you from touching a hot stove, for example.
- There are old and new parts of the brain which play different roles.

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- In the older part of your brain is the worry command center.
  - In the newer part of your brain is the logical thinking center.
  - Every time you have a thought, it goes into your worry AND thinking centers.
  - Til and Widdle represent the newer and older parts of your brain.
    - Soon you will meet Til the Thinker. Til lives inside the newer thinking center.
    - You will also meet Widdle the Worrier. Widdle lives inside the older worry center.

Tomas learned that everyone worries and that it's okay to worry, but sometimes Widdle the worrier can get a little overactive. Sometimes Widdle thinks you're in danger when you're really just fine. We'll learn more about Til and Widdle next.

## Questions to think about:

1. Why is worry a good thing?
  2. How long has worry been around?
  3. What do the older and newer parts of the brain do?
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# Many more animations are inside the membership area!

This is just the start of Tomas's journey to learn all about worry. Join Tomas, Nelly, and their teacher Mr. Diddlydoo as they explore different types of worries and healthy ways to manage anxiety.



Over 6 modules, you'll get to know a colorful group of unique and funny characters, each dealing with their own set of worries, everyday challenges, and stressful moments.

By the end of this program, your kids will have gained a better understanding of what makes us fall into a sea of worry. They will also learn how to control their anxious thoughts using a set of skills you and your child can rely on at any time.

**GoZen! is just one of 9 animated programs that teach essential life skills in a format kids love.**

# What's included in the GoZen! subscription?



## GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of Video

Our flagship animated program for kids of all ages who have anxious, fearful, or hopeless thoughts.

- How anxiety/excessive worry affects the body & mind
- Physical understanding of the brain and how it deals with worry
- Recognizing "ThoughtHoles" or thoughts that distort reality
- The 5Cs of resilience, the FARR Method and other techniques



## GoStrengths! Well-being/Resilience Program

10 Modules / 115 Animations / 125+ Minutes of Video

A comprehensive animated resilience program for kids of all ages used for bullying prevention, self confidence, and SEL skills.

- Well-being, purpose, self-awareness and self-compassion
- Resilience, grit, and character strengths
- Problem solving, goal setting, fixed vs. growth mindsets
- Social connections and listening skills



## GoMindset! Growth Mindset Program

3 Modules / 11 Animations / 40+ Minutes of Video

An animated program for kids and tweens about taking on challenges, persevering through frustration, and fostering a growth mindset.

- Identify and use mistakes as a springboard for growth
- Talk back to self-critical inner voices
- Handle frustration and work through it
- Use science-backed goal-setting techniques



## GoCharge! Anger Transformation Program

4 Modules / 19 Animations / 50+ Minutes of Video

An animated program for tweens and teens about dealing with anger, frustration, and big reactions to situations.

- Why anger is a normal, healthy emotion and the messages anger is trying to send, how to "talk to" your anger
- Recognizing the underlying thoughts and emotions beneath anger
- Breaking the cycle of angry reactions, feeling in control/empowered



## GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

An animated introduction to mindfulness for all ages, featuring multiple tried-and-true exercises that kids can follow along with.

- The connection between thoughts and reactions
- Being in the present moment vs focusing on the past or future
- Breathing exercises, movement exercises and guided meditations
- Finding calm from impulsive, hyperactive and reactive behaviors



## GoPositive! Negative Thought Relief Program

1 Module / 7 Animations / 30+ Minutes of Video

An animated program for tweens and teens all about negative self-talk, self doubt, and how to break free from negative thought cycles.

- The "sticky" nature of negative thoughts
- Transforming our relationship with negative thoughts
- Treating yourself with compassion instead of criticism
- Separating thoughts and feelings from our sense of self-worth

Learn more at [GoZen.com/programs/](https://GoZen.com/programs/)

# What's included in the GoZen! subscription?



## GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of Video

An animated program for tweens and teens about procrastination and executive functioning skills.

- The characteristics of procrastinators and how procrastinating creates problems
- Breaking down goals into smaller steps and preparing for setbacks with When-Then and If-Then techniques



## GoWave! Panic Attack Relief Program

3 Modules / 14 Animations / 60+ Minutes of Video

An animated program for tweens and teens experiencing panic attacks all about dealing with uncomfortable feelings.

- All about the Fight, Flight, or Freeze response
- Recognizing triggers and mind tricks and how "What Ifing" can lead to panic
- Learning to "ride the wave of feelings"
- Methods to conquer panic attacks



## GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of Video

An animated program for use with kids and tweens experiencing OCD. Includes a 165-page workbook for kids and a support workbook for parents.

- Identifying and managing intrusive thoughts
- Identifying and managing repetitive behaviors
- The continual cycle of Brain "Spam", techniques to break the cycle
- Extra material so parents are on the same page



## Anger Transformation Challenge

2 Modules / 10 Videos / 27+ Minutes of Video

A live-action challenge series + printable journal, taught by a peer.

- Responding to anger instead of reacting to it
- Understand what your anger is communicating
- Identify positive character strengths in yourself and loved ones
- Uncover stories you're telling yourself about your feelings
- Practice conflict resolution in a healthy way



## BONUS: Experts On-Demand Library

150+ Interviews / 8 Masterclasses / 3 Workshops

World-renowned experts on grit, motivation, resilience, courage, sleep, screentime, and more teach us how to be the parents and educators our kids need.

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