



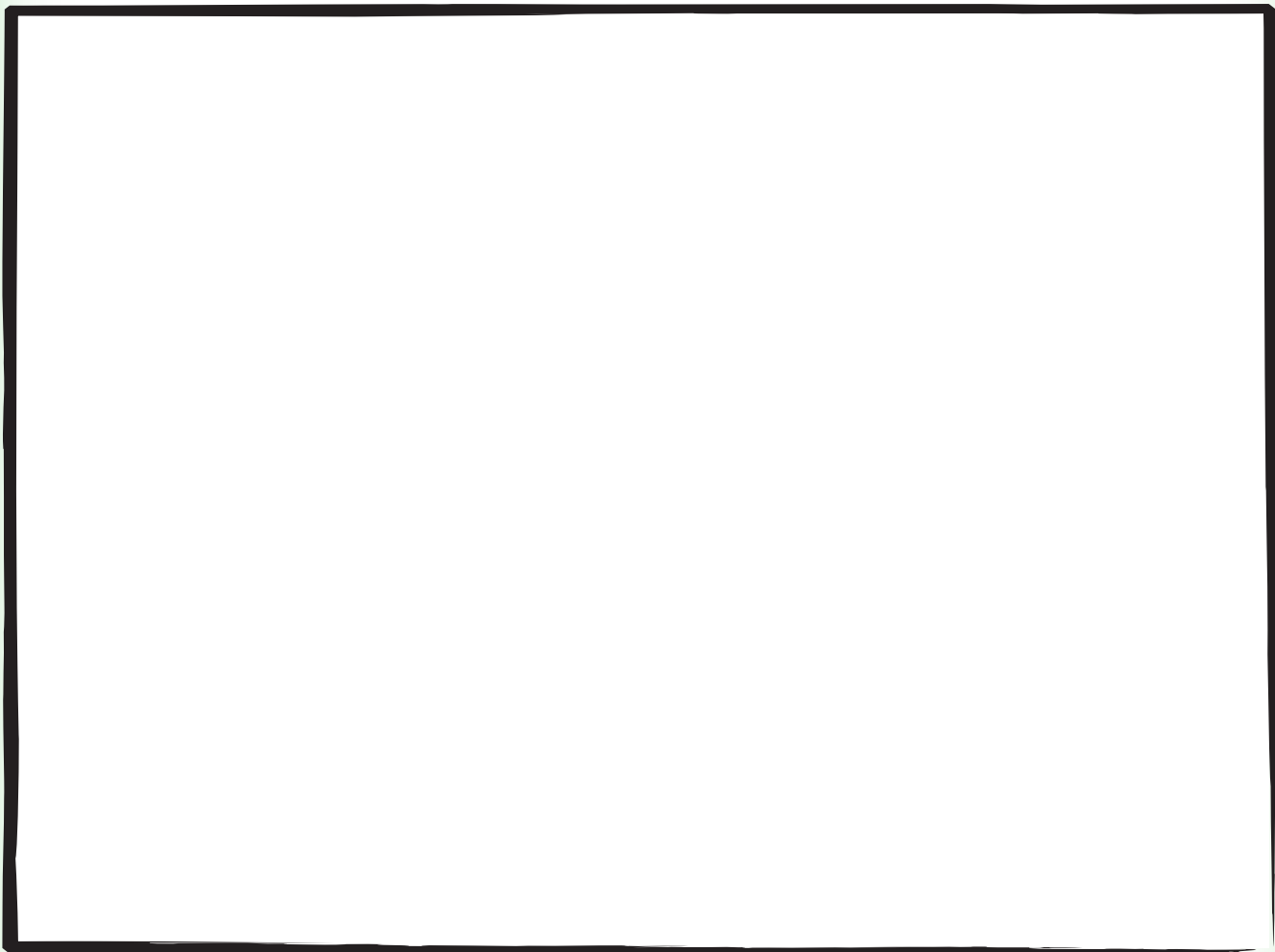
- ★ COMMUNITY
- ★ GUIDANCE
- ★ SUPPORT

What to do when your worries keep you up at night

Many kids (and many adults, too) say that they worry most at night when they are trying to fall asleep. Some people say that their imagination gets really wild, and they think about the worst things that could happen, even when they know they are not likely to happen. Because thinking about bad things will affect a person's body, making their heart beat faster and their muscles tense up, they then find it hard to go to sleep, and sometimes stay up for many hours.

But you can "change the channel" of your imagination, and some people say you can even change the channel on your dreams.

In the space below draw a picture of what you want to dream about tonight. Try very hard to think about this drawing when you are trying to go to sleep. Think about exactly what will happen in your dream, just as if you were making a movie. Do this while you are trying to fall asleep, and see if you actually have this dream!



If you continue to lay awake at night worrying, make sure that you tell your parents or another trusted adult. Losing sleep can affect your health, and not getting enough sleep may make you worry even more.