Here are some tips from y

JUST IMAGINE!

After my family hiked to the top of a cliff, at night I couldn't stop thinking about falling off! Then I decided to use my imagination to change the ending. I imagined myself spreading my arms and flying. It was fun! The scary thoughts stopped, and I went to sleep without worry.

Larry Hiller, writer of Matt and Mandy

SOMETHING FUN

Instead of sitting and worrying, I try to focus on something else. You can go run, walk, ride a bike, or do anything else you enjoy. That can help you calm down and see that things aren't as scary as you think!

Eric Murdock, writer

HAPPY SNACK

I used to stress out about schoolwork. My mom realized that when I was hungry, it was hard for me to concentrate. Having a healthy snack before starting my homework helped. My family also had a house rule: No worrying after 10 p.m. Things always seem a lot better after a good night's rest.

Bethany Bartholomew, writer

HELP FOR SHYNESS

It was hard for me to make friends. Then my cousin taught me to think of the word HELP. **H** is for "**h**obbies." **E** is for "**e**ducation." **L** is for "what you **l**ike." And **P** is for "**p**lans." I could talk to anyone about hobbies, school, what we liked to do, and what we were planning to do. That helped me so much that I grew up to be a journalist who interviews lots of people!

Linda Davies, video producer

CAN YOU GUESS...

Which childhood photo goes with each person? See page 39 for answers.

AFRAID?

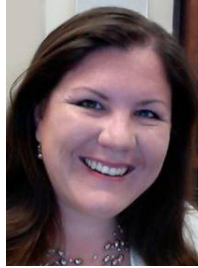## Here's Help!

our friends at the Friend!

MAKE IT FUNNY

Once I got a skin condition that gave me little bumps on my neck, and I was afraid people would ask me about them. Then my parents helped me think of funny things I could do, like saying, "Look, there's an alien!" and then running away. I never used those ideas, but they made me laugh, and I felt better. Laughing is the best!
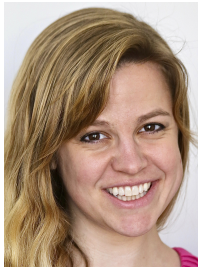
Maryssa Dennis, writer

1, 2, 3

One night when I couldn't sleep, my dad sang "Count Your Blessings." Then I thought of my blessings until I fell asleep. Some nights I still sing this song in my head, or, when my mind is really noisy, I count backward by threes from 300. When I think unkind thoughts about myself, I remind myself that I'm a good person and that Heavenly Father and my family love me.

Lori Fuller, copyeditor

NOT THE ONLY ONE

When I felt worried and scared, I prayed or sang a song called "You'll Never Walk Alone." Everyone has fears and worries. Some worries are just part of being a certain age. But if you're worrying all the time, you can ask a parent, counselor, or doctor for help. Most of all, don't forget to pray to Heavenly Father. He loves you and understands the way you feel!

Jan Pinborough, managing editor

OK TO MAKE MISTAKES

I used to be afraid to try new things in front of people because I might mess up. I worried what others thought about me. Then I realized I don't know what they're thinking. I'm not a mind reader! And it really only matters what God thinks of me. He sent me here to learn, and He loves me no matter what. Now when I mess up I think, "OK. Let's learn from this and move on."

Marissa Widdison, assistant managing editor

BREATHE AND WRITE

When my parents were divorcing, I poured out my feelings in a journal. Sometimes I also imagined I was writing to help other kids deal with divorce. When I played in piano competitions, I would get really nervous. I breathed slowly through my nose, pretending my breath was the sound of the ocean. I imagined playing my piece well. Then I played it!

Charlotte Larcabal, writer