

# Book to help young deal with worries

THERE'S worrying, and then there's *worrying*.

The latter is a clinical disorder that can blight lives, even young lives. Bayley Johnston, 10, of Langwarrin, was diagnosed with Generalised Anxiety Disorder (GAD) when he was five, which initially devastated his family.

But after taking stock, mum Nicky Johnston, an artist and primary school teacher, decided to write a book about it.

The result is *Go Away, Mr Worrythoughts*, which she also illustrated and self-published.

"There were lots of books and resources for adults suffering from anxiety but very few for children," she said. "My book has helped my son beyond my wildest hopes - when he said 'You get it, Mum!' I knew it would be successful."

"While Bayley still has 'worry thoughts', he is able to manage his anxiety using certain strategies."

The disorder is excessive worrying about everything, which can lead to fatigue, lack of concentration, edginess and irritability.

*Go Away, Mr Worrythoughts*, will be launched at Robinsons bookshop at 1pm on July 19. Details: [www.nickysart.com.au](http://www.nickysart.com.au).

**Nicky Johnston has written a book about Generalised Anxiety Disorder.**

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