

Poppy and the Overactive Amygdala



Poppy and the Overactive Amygdala by Eric Provan

★★★★☆ 4.8 out of 5

Language : English

File size : 50914 KB

Print length : 36 pages

Lending : Enabled



Poppy is a little girl with a big imagination. But sometimes, her imagination gets the best of her, and she starts to worry. A lot.

Poppy's worries are like a runaway train. They start with a small thought, like "What if I get lost?" or "What if I say the wrong thing?" But then they keep going, getting bigger and scarier until Poppy feels like she can't breathe.

Poppy's worries make it hard for her to do the things she loves, like playing with her friends or going to school. She's always afraid of something bad happening, and she can't seem to stop her thoughts from racing.

But one day, Poppy meets a wise old owl who teaches her about the amygdala, the part of the brain that controls fear. The owl explains that everyone has an amygdala, but some people's amygdalas are more active than others.

Poppy learns that when her amygdala is overactive, it can make her feel anxious and scared. But she also learns that she can control her amygdala by practicing relaxation techniques, like deep breathing and meditation.

With the owl's help, Poppy learns to manage her anxiety and live a happier, more fulfilling life. She learns that it's okay to feel anxious sometimes, but that she doesn't have to let her worries control her.

Poppy and the Overactive Amygdala is a heartwarming and empowering story that teaches children about anxiety and how to manage it. With

engaging characters and beautiful illustrations, this book is a must-read for any child who struggles with anxiety.

Reviews

"Poppy and the Overactive Amygdala is a wonderful book that helps children understand and manage anxiety. The story is engaging and heartwarming, and the illustrations are beautiful. I highly recommend this book to any child who struggles with anxiety." - Our Book Library reviewer

"This book is a lifesaver! My daughter has struggled with anxiety for years, and this book has finally helped her to understand and manage her worries. Thank you so much for writing this book!" - Our Book Library reviewer

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