



## How to manage the worry wort syndrome...

Would you be surprised to hear that the number one worry of mothers with small children is, *“I’m afraid my child won’t get the education and opportunities they need to reach their potential.”*? \*

### Using worry for good

Let’s harness the usefulness in worry and use it effectively. Did you know that, *“optimism, more than talent or due diligence, is the greatest predictor of success”*, based on tens of thousands of studies, some spanning 50 years or more? \*\* If you want your children to reach their potential, one of the best things you can do is learn to be more resilient and optimistic when things go wrong because *“a mother’s level of optimism and their child’s are very similar.”*\*\*

*“Children’s antennae are constantly tuned to the way their mothers talk about emotionally loaded events. They listen closely when you explain why things happen, which you do on average once a minute during normal speech, particularly when things go wrong.”* \*\*

### Teaching optimism

The key is in **how** you explain what happens. *“Is it permanent or temporary, specific or pervasive, your fault or someone else’s.”* \*\* Imagine you’ve just had a bingle in the car (nothing too serious). If you explain it this way: *“I’m so stupid (your fault). My car’s ruined (permanent). I’m always having accidents (pervasive/over-generalised)”*, then the result is depressing and pessimistic. Children learning this from you will be more likely to struggle. If, on the other hand you could change your style to something more **temporary, specific and less self-blaming**, then optimism goes up and future success is more likely. Instead, it could be, *“I’ve just had an accident (specific). Car parks can be hazardous (appropriately averted blame). Hopefully the car can be repaired soon (temporary).”* Same situation, very different explanation.

**Practice optimism to give yourself relief from over-worrying and your child the best education possible.**

\*[http://www.babycenter.com/0\\_top-5-parenting-fears-and-what-you-can-do-about-them\\_3656609.bc](http://www.babycenter.com/0_top-5-parenting-fears-and-what-you-can-do-about-them_3656609.bc).

\*\* Seligman, M. *Learned Optimism*, Random House, 2011.

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- ✓ Mums number one fear: *“Will my child get the education they need to reach their potential?”*
- ✓ Optimism is the greatest predictor of long term success.
- ✓ Children mimic their mother’s explanatory style - pessimistic or optimistic.

*“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”*

Helen Keller

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Practical life strategies for women