



RILEY'S RAINFOREST

“Send down ... from the clouds of Thy mercy the rains of Thy healing...” —Bahá'u'lláh

Shy About Sharing?

What do roller coaster rides, pop quizzes, and talking about your faith have in common? They can all make you *nervous*!

Sharing your beliefs about your faith—or any topic that’s important to you—can feel scary. What if you don’t know the answer to a question? What if people think you or your religion are weird? What if you do a bad job of explaining? When you talk about something close to your heart, you might feel pressure to do it perfectly.

That pressure can cause stress. When you feel stressed, your body releases hormones such as **adrenaline**. That can make your heart beat faster and make you sweat—or feel cold. Your body sees worry as a sign of danger and prepares you to respond. If you get too anxious, it can be hard to think straight.

The good news is that you can ease your worries by being prepared.



First, pray for assistance. Then ask for help from your parents or elders in your community. They may have tips for answering questions without feeling too nervous. Study your faith and practice talking about it, so you feel ready when the time comes. Replace worrisome thoughts with positive ones, and imagine yourself speaking with ease and confidence.

Finally, when you start to get nervous, remember that you don’t have to be perfect. It’s okay to say that you don’t have all the answers. Relax. Share what you love about your faith. When you let go of worries, you can feel confident about sharing.

Canopy of Questions

What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to brilliant@usbnc.org. Responses are given by a health professional.

“How can I teach the Bahá’í Faith at school?”

—Domani, age 10, and Dyami, age 12

Dear Domani and Dyami,

Religion is a tool for knowing what God wants us to do in each age of humanity. In *this* age, God has given us a new set of values as tools to benefit all people—such as loving all humanity, no matter what their color, class, nationality, or belief. We are asked to be compassionate to all, not just to those who are near and dear to us, to serve all humanity, to be happy under all conditions, and to treat women and men as equal, instead of treating women as inferior. We are told that science and religion should work hand in hand to help all mankind.

Teaching your Bahá’í beliefs requires more than talking about it. You have to be a living example of Bahá’í values, such as being a cause of peace and harmony at home and in school. ‘Abdu’l-Bahá shows the way, saying, “Be a friend to the whole human race.” In stories of the life of ‘Abdu’l-Bahá, you can see his example of service. When you live your values, you teach your values.

Wishing you joy,
Keyvan Geula
Licensed Family Therapist

Explore & Soar: Relaxation Station

When nerves come knocking, try these tips to keep calm:

- Smile. It helps reduce stress!
- Silently repeat a positive word or phrase. (Try “Alláh-u-Abhá,” meaning “God the All-Glorious” in Arabic.)

- Shake it off—literally. Shake your hands, arms, or legs to release tension.
- Breathe deeply. Count to 10 as you inhale and exhale.

