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Graphical user interface, text, application

Description automatically generated

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| **Words to know** when viewing: [Angst](https://kinder.wdr.de/tv/neuneinhalb/neuneinhalb-lexikon/lexikon/a/lexikon-angst100.html)  Ever wonder why you get scared sometimes? Fear helped our ancestors survive and still keeps us safe today. But when we want to feel less scared, there are some helpful tips to help us feel calmer. Find out what they are in this article.  Angst vor gefährlichen Tieren = fear of dangerous animals  überlebenswichtig = essential for survival  Dunkelheit = dark  lebensrettend = lifesaving  Vorfahren = ancestors  Leistungsfähigkeit = performance  um schnell wegzurennen = to be able to run away quickly  ausgestorben = died out  Therapeut = therapist  atmen = to breathe  verspüren = to feel  Schlucken = sips  Dadurch lenkst du deinen Körper von seiner Angstreaktion ab = In that way you distract your body from its fear reaction  Bedrohungen = threats  Klimakrise = climate crisis |