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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 animalsüberlebenswichtig = essential for survivalDunkelheit = darklebensrettend = lifesavingVorfahren = ancestorsLeistungsfähigkeit = performanceum schnell wegzurennen = to be able to run away quicklyausgestorben = died outTherapeut = therapistatmen = to breatheverspüren = to feelSchlucken = sipsDadurch lenkst du deinen Körper von seiner Angstreaktion ab = In that way you distract your body from its fear reactionBedrohungen = threatsKlimakrise = climate crisis |