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fears , keep us safe. But

sometimes our , fear ,

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02:50 ...

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of moving from ...

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all struggle with facing

our , fears , now and

again. It's never easy to

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1 year ago 2 minutes,

13 seconds 290,732

views This video

teaches , kids , how

anxiety is a normal

biological response -

called “Fight, Flight,

Freeze” - that can get

triggered ...

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