



# Your worry doll You are not alone!

According to Guatemalan tradition, when children are scared or have nightmares, the Mayan people give them worry dolls before they go to sleep.

We are all human, and we worry!

If you tell them your concerns and put them under the pillow, the doll will worry about the problem instead of you. When you wake up after a peaceful sleep, your worries are gone.

These colourful figures are handmade using simple and accessible materials such as wood, wire, cotton, cardboard or clay. They wear vibrant wool or Guatemalan cloth.

Above all, they promote a very healthy psychological habit: by transferring your worries and asking for help, you release your mind from anxiety.