

Anxiety Resources

Below are general resources for parents regarding anxiety. Each family may find some of these resource more helpful than others. The breadth presented here is designed to provide applicable information for the broadest range of children and families possible, recognizing that each specific recommendation will be more relevant/useful for some.

Online Information

- **Child Mind Institute:** <https://childmind.org/topics/concerns/anxiety/>
- **Worry Wise Kids:** www.worrywisekids.org/
- **Anxiety and Depression Association of America:** www.adaa.org/living-with-anxiety/children
- **Taming Worry Dragons:** <https://keltymentalhealth.ca/twd>

Recommended Books

- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, PhD
- Freeing Your Child from Anxiety by Tamar Chansky, PhD (2013)
- Anxious Kids, Anxious Parents by Reid Wilson, PhD and Lynn Lyons, LCSW (2014)
- Helping Your Anxious Child by Ronald Rapee, PhD, Ann Wignall, PsyD, Susan Spence, PhD, Vanessa Cobham, PhD and Heidi Lyneham, PhD (2008)
- The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination by Robin Alter PhD CPsych, Crystal Clarke MSW RSW, & Oliver Burns (Illustrator)

Mindfulness Resources

Mindfulness strategies are helpful for improving one's mental stamina, enhancing one's ability to regulate attention, and relieving negative emotions and stress. Such practices can be developed through coaching, therapeutic work, and/or self-practice.

- **UCLA's Mindfulness Awareness Research Center** developed free online meditations as well as online courses: <http://marc.ucla.edu/body.cfm?id=22>.
- **Journaling** can be another activity used improve self-reflection and help relieve stress. Resources to support this practice are available online at: <http://extension.missouri.edu/p/GH6150>

Anxiety and Mindfulness Apps

All of the below are available in iTunes and the Google Play store. Where available, websites are also listed below.

- **Smiling Mind:** www.smilingmind.com.au
- **Headspace:** www.headspace.com
- **Daylight:** www.bighealth.com/daylight
- **Calm:** www.calm.com
- **10% Happier:** www.tenpercent.com
- **MoodKit:** www.thriveport.com/products/moodkit/
- **MindShift:** www.anxietycanada.com/resources/mindshift-cbt/
- **Breathe2Relax**
- **Sleepio:** www.sleepio.com