

Anxiety:

Further information and helpful resources

Books

A Mindfulness-Based Stress Reduction Workbook (2nd ed.), by Bob Stahl, PhD, and Elisha Goldstein, PhD

Presents the mindfulness-based stress reduction program, and teaches the reader to replace stress-promoting behaviors with mindful ones.

Anxious for Nothing: Finding Calm in a Chaotic World, by Max Lucado, MA

A roadmap for coping with anxiety is presented through a Christian lens. See also, the companion for children, *Anxious for Nothing for Young Readers* (ages 8-12).

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children (Works for Any Type of Anxiety from Ages 8-18), by Reid Wilson, PhD and Lynn Lyons, LICSW

Teaches parents to change their common anxiety-enhancing patterns with concrete exercises and techniques.

Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents, by Eli R. Lebowitz, PhD

Parent-directed treatment program for child and adolescent anxiety.

Calming Your Anxious Mind (2nd Ed.), by Jeff Brantley, MD

A step-by-step program that teaches the roots of anxiety and the use of mindfulness meditation to overcome it.

Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and be Prepared for Life—from Toddlers to Teens, by Tamar E. Chansky, PhD

Provides an overview of all manifestations of childhood fears, including social anxiety, Tourette syndrome, hair-pulling, and obsessive compulsive disorder, and provides evidence-based solutions to assist children in coping with these issues.

Helping Your Anxious Child: A Step-by-Step Guide for Parents (3rd Ed.), by Ronald Rapee, PhD, Ann Wignall, DPsych, Susan Spence, PhD, Vanessa Cobham, PhD, and Heidi Lyneham, PhD

Teaches parents how to help their children overcome intense fears and worries while also parenting with compassion.

Outsmarting Worry (An Older Kid's Guide to Managing Anxiety), by Dawn Huebner, PhD
Teaches 9-to-13 year-olds and their caregivers the skills needed to overcome worries and fears.

Stuff That's Loud: A Teen's Guide to Unspiraling When OCD Gets Noisy, by Ben Sedley, PhD, and Lisa Coyne, PhD
Teaches teens techniques to help manage the thoughts and behaviors related to OCD, based in Acceptance and Commitment Therapy.

Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can, by Ben Sedley, PhD
Introduces concepts from Acceptance and Commitment Therapy, and helps teens acknowledge hard feelings, and prioritize the things that matter most.

The ACT Workbook for Perfectionism, by Jennifer Kemp, MPsych
Presents principles of Acceptance and Commitment Therapy to help the reader to overcome self-criticism, let go of fear and self-doubt, take risks with confidence, and achieve a fulfilling and productive life.

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, by Brené Brown, PhD, LMSW
Offers suggestions for how to cultivate compassion, courage, and connection in order to embrace your flaws and develop self-worth.

The Happiness Trap: How to Stop Struggling and Start Living, by Russ Harris, MD
An overview of techniques and strategies from Acceptance and Commitment Therapy designed to help you overcome stress and worry.

The Mindful Self-Compassion Workbook, by Kristen Neff, PhD, and Christopher Germer, PhD
This workbook will lead you through mindfulness-based exercises that will help you show yourself more kindness and improve your emotional well-being.

Wayfaring: A Christian Approach to Mental Health Care, by Warren Kinghorn, MD, ThD
Guidance and suggestions for mental health care from a Christian perspective.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety, by Dawn Heubner, PhD
An interactive self-help book designed to guide 6-12 year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. See also the entire helpful series of "*What to Do When...*" books by the same author.

For additional anxiety-related book recommendations, see:

- Anxiety and Depression Association of America (ADAA): <https://adaa.org/books>

- International OCD Foundation (IOCDF) book recommendations: <https://iocdf.org/books/>

Websites

Anxiety and Depression Association of America (<https://adaa.org/>): Provides tips for how to manage anxiety, as well as a directory of licensed mental health professionals who specialize in treating anxiety disorders.

Child Mind Institute (<https://childmind.org/topics/concerns/anxiety/>): Provides information about anxiety and several resources for addressing children's anxiety at home and at school. They've also created a short video series designed for kindergarteners called *Nixie and Nimbo*: <https://childmind.org/resources/videos/nixieandnimbo/>

Coping Skills for Kids (<https://copingskillsforkids.com/calming-anxiety/>): Specific instructions for completing relaxation activities with children.

Effective Child Therapy (<https://effectivechildtherapy.org/>): Evidence-based information about disorders and evidence-based treatment approaches.

The International OCD Foundation (<https://iocdf.org/>): Helpful resources on OCD and related disorders for adults, caregivers/parents, and teens.

Psychology Today (<https://www.psychologytoday.com/us/basics/anxiety/>): Information and resources for anxiety and other mental health conditions. The site also offers a free "Find a Therapist" search tool.

Apps

MindShift: Anxiety-management strategies based in cognitive-behavioral therapy

Headspace, Calm, Balance: Each of these includes guided meditations, soothing sounds, and music to help manage stress and improve sleep and well-being

Insight Timer: Free guided meditations

BellyBio: Relaxation tool that supports deep breathing practice, based in biofeedback

Daylio: Journal, diary and mood-tracker

Finch: Personalized self-care exercises