

CHALLENGING THE MINDSET OF ANXIETY

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PRESENTATION

Challenging the Mindset of Anxiety & Stress

VIDEOS

- Five Common Mistakes We Make When Helping Anxious Teenagers
- Fighting Fear - Youtube Channel
- American Academy of Child and Adolescent Psychiatry

KID & TEEN BOOKS

- Hey Warrior By Karen Young
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) by Dawn Huebner
- My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Michael A. Tompkins, Ph.D., and Katherine A. Martinez, Psy.D.

PARENT BOOKS

- Under Pressure by Lisa Damour
- Helping Your Anxious Child: a Step-by-Step Guide for Parents by Ronald M. Rapee

HANDOUTS

- How to Manage Stress Under Covid
- How to Manage Anxiety Under Covid
- The Feeling Wheel
- I'm So Stressed Out