**CHALLENGING THE MINDSET OF ANXIETY**

*December 14, 2021*

By CSD Social-Emotional Liaison Jennifer McMillan

**VIDEOS**

* [Five Common Mistakes We Make When Helping Anxious Teenagers](http://portlandfamilycounseling.com/5-common-mistakes-we-make-helping-anxious-teens/)

http://portlandfamilycounseling.com/5-common-mistakes-we-make-helping-anxious-teens/

* [Fighting Fear - Youtube Channel](https://www.youtube.com/channel/UC89PUEnhQk7UYdLJ2KHlY3g)

https://www.youtube.com/channel/UC89PUEnhQk7UYdLJ2KHlY3g

* [American Academy of Child and Adolescent Psychiatry](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

https://www.aacap.org/AACAP/Families\_and\_Youth/Resource\_Centers/Anxiety\_Disorder\_Resource\_Center/Home.aspx

**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)](https://www.amazon.com/What-When-Worry-Much-What/dp/1591473144/ref%3Dsr_1_4?crid=3QU813TB9SIRC&keywords=when+worry+takes+hold&qid=1638819868&sprefix=when+worry+t%2Caps%2C214&sr=8-4) by Dawn Huebner
* [My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic](https://www.amazon.com/s?k=my+anxious+mind+a+teen%27s+guide+to+managing+anxiety+and+panic&crid=1XQINSMBNZ23H&sprefix=my+anxious+%2Caps%2C225&ref=nb_sb_ss_ts-doa-p_4_11) by Michael A. Tompkins, Ph.D. and Katherine A. Martinez, Psy.D.

**PARENT BOOKS**

* [Under Pressure](https://www.amazon.com/Under-Pressure-Confronting-Epidemic-Anxiety/dp/0399180079/ref%3Dsr_1_3?crid=1NURP0PL3EDCX&keywords=under+pressure+lisa+damour&qid=1638820332&s=books&sprefix=under+pressure%2Cstripbooks%2C215&sr=1-3) by Lisa Damour
* [Helping Your Anxious Child: a Step-by-Step Guide for Parents](https://www.amazon.com/Helping-Anxious-Child-Step-Step/dp/1572245751) by Ronald M. Rapee