

# Resource List for Anxiety

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63131

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**ABCs of Emotional Behavioral Disorder. (DVD) (2004) (35 minutes)**

Outlines a best practice approach to successfully integrate elementary and middle school students with Emotional or Behavioral Disorders into the educational mainstream.

**The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry. Lisa M Schab (2008)**

Teens. Shows how to deal with the day-to-day challenges of anxiety and help develop a positive self-image and recognize anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. (178 pages)

**Cry for help: A Critical Look at the Issues Surrounding Teen Depression and Suicide Two Years after the Virginia Tech Shooting. PBS (57 minutes) (DVD)**

Features first-person stories from adolescents who are confronting depression, anxiety and mental illness.

**David and the Worry Beast: Helping Children Cope with Anxiety. Anne Marie Guanci (2007)**

Ages 4 and up. Teaches children how to deal with anxiety. (48 pages)

**Embracing the Monster: Overcoming the Challenges of Hidden Disabilities. Veronica Crawford (2002)**

Moving account of the author's life experiences with learning disabilities, bipolar disorder, ADHD, dyslexia and sensory integrative disorder.

**Emotional and Behavioral Problems of Young Children: Effective Interventions in the Preschool and Kindergarten Years. Gretchen A. Gimpel & Melissa L. Holland (2003)**

Provides hands-on tools and resources for addressing common emotional and behavioral problems in preschool and

**Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)**

Told with the authentic voices of adults with hidden disabilities, this encouraging, eye-opening book will help you guide

**Exploring Feelings Cognitive Behavior to Manage Anxiety. Tony Attwood (2004)**

The cognitive behavior therapy program Exploring Feelings was designed by the author to be highly structured, interesting and successful in encouraging the cognitive control of emotions.

**Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood (DVD) (2007) (3 hours)**

In this presentation, Dr Tony Attwood, teaches caregivers how to implement "cognitive behaviour therapy." With a logical understanding of emotional triggers and responses, people can learn to recognize and control their emotions.

**Facing Fear Without Freaking Out: Promoting Social and Emotional Fitness for Kids. (DVD) (2008) (30 minutes)**

Grades K-5. Using laughter, great music and hair-raising chills, this episode offers practical advice on overcoming fears.

**Fighting Invisible Tigers: A Stress Management Guide for Teens. Earl Hipp (1995)**

Ages 11 and up. Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. (144 pages)

**Helping Students Overcome Depression and Anxiety: A Practical Guide. (2nd Edition) Kenneth W. Merrell ( 2008)**

Provides the school-based practitioner with clear-cut strategies for addressing these problems creatively and effectively with students in grades K-12.

**Helping Your Anxious Child: A Step-by-Step Guide for Parents. Ronald A. Rapee, PhD, et al (2000)**

Parents want to help their anxious children but often do not know how. Here at long last is a book designed just for that. It offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought.

**Honorable Intentions: A Parent's Guide to Educational Planning for Children with Emotional or Behavioral Disorders. Dixie Jordan & Paula Goldberg (2000)**

It includes information on special education, individualized education program, school rules, residential placement, etc. It also has checklists that parents can use as a guide when having their children evaluated for the various special programs.

**If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents. Edna Foa & Linda Wasmer Andrews. (2006)**

By bringing together two strands of expertise--that of mental health professionals and of parents who have lived through the

**It's Haircut Time: How One Little Boy Overcomes his Fear of Haircuts. Michele Griffin. (2012)**

Ages 4-8. Go along with one nervous little boy, as he faces a day he DREAMS – Haircut Day! This story fosters communication, tolerance and understanding between parent and child. (36 pages)

**Managing Anxiety in People with Autism: A Treatment Guide for Parents, Teachers, and Mental Health Professionals. Anne M Chalfant. (2011)**

Provides clear, understandable explanations of the different types of anxiety disorders, how they affect people across the autism spectrum, and what interventions can help.

**Mind Over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger & Christine A Padesky. (1995)**

Step-by-step worksheets teach specific skills that have help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.

**My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic. Michael A Thompkins, PhD & Katherine Martinez, PsyD. (2010)**

Ages 12-18. Outlines a simple and proven plan to help teens understand and deal with their anxiety and panic. (196 pages)

**Outsmarting Worry: An Older Kid's Guide to Managing Anxiety. Kara McHale. (2017)**

Ages 9-13. Teaches kids and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.

**Overcoming Anxiety in Children & Teens. Jed Baker, PhD. (2015)**

Describes motivational techniques, cognitive behavioral strategies, exercises, relaxation and mindfulness guides to lower anxiety to the point where individuals can begin to confront their fears.

**The Panicosaurus: Managing Anxiety in Children Including Those with Asperger Syndrome. K I Al-Ghani. (2012)**

Ages 5 and up. Easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. (54 pages)

**Parenting Anxious Kids: Best Tips To Managing Attention Deficit Disorder In Children Including The 21st Century ADD Strategies For School Age Children. Monica Davis (2016)**

This book seeks to introduce you to valuable information about ADD like the signs and symptoms of this brain disorder, the method of diagnosis and various means of treating this condition, including helping you to understand the disposition of people, particularly children, affected by ADD.

**Raising the Shy Child: A Parent's Guide to Social Anxiety. Christine Fonseca. (2015)**

Uses a combination of real-world examples and stories from adults and children with social anxiety disorder to show parents and educators how to help children find a path through their fear and into social competence.

**Seven Steps to Help Your Child Worry Less: A Family Guide. Sam Goldstein, PhD et al (2002)**

This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.

**Sitting Still Like a Frog: Mindfulness Exercises for Kids. Eline Snel. (2013)**

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60 minute audio CD of guided exercises ready by Myla Kabat-Zinn.

**Social Skills Training and Frustration Management. Dr. Jed Baker (DVD) (4.5 hours)**

Dynamic and comprehensive presentation is extremely valuable to all family members and professionals working with individuals with autism spectrum disorders, attention deficit disorders, learning disabilities, mood and anxiety disorders, and other issues that impact social-emotional functioning.

**Sometimes I Worry Too Much, But Know I Know How to Stop. Dawn Huebner, PhD (2003)**

Ages 5-10. This is the story of Anna, a child whose worries get the best of her. As her worries grow, Anna wants to stick close to home. She develops stomachaches, asks endless questions of her parents, and no longer wants to play with friends. Anna is frustrated when adults tell her to just stop worrying, a task that seems impossible to her. Anna meets a psychologist who teaches her cognitive-behavioral techniques to use when worries arise. These techniques are presented in enough detail to allow children reading the book to learn, as Anna learns, how to control worries. (59 pages)

**SOS Help for Emotions: Managing Anxiety, Anger & Depression. Lynn Clark (1998)**

Offers help to know your emotions, manage your emotions, attain greater contentment, achieve personal goals, understand cognitive behavior therapy and enhance emotional intelligence.

**Teaching and Working with Children Who Have Emotional and Behavioral Challenges. (2000)**

Designed to help you educate students with emotional and behavioral difficulties. Parents can also use this guidebook to learn how to address their children's needs and to work effectively with the educators in their children's lives.

**Tic Disorders: A Guide for Parents and Professionals. Uttom Chowdhury & Tara Murphy (2017)**

Written in clear, accessible language and with practical advice on how to support children with tics at home and in school, the book also includes essential information on the common co-occurring conditions and difficulties, such as ADHD, anxiety, OCD, autism, self-esteem issues and behavioural difficulties.

**Wemberly Worried. Kevin Henkes. (2000)**

Ages 4-8. Wemberly worried morning, noon, and night. She about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!

**What to Do When You Worry Too Much. Dawn Huebner, Ph.D. (2006)**

Ages 9 and up. A Kid's Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety. (80 pages)

**What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder. Emily Ford. (2007)**

Teens. Outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations.

**When You Worry About the Child You Love: Emotional and Learning Problems in Children. Edward Hallowell**

Using authoritative information based on the latest research, author explains effective medical treatment that most parents are not aware of for many common childhood problems that have a biological origin.

**Wilma Jean the Worry Machine. Julia Cook. (2012)**

Grades 2-5. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. (32 pages)

**The Worried Child: Recognizing Anxiety in Children and Helping Them Heal. Paul Foxman, PhD (2004)**

Shows that anxiety is preventable — or can be minimized — by raising children’s self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs.

**Worried No More: Help and Hope for Anxious Children. Aureen Pinto Wagner, PhD. (2002)**

Information and practical strategies to help children cope with worry, school refusal, separation anxiety, excessive shyness, panic, disasters and tragedies, phobias, obsessions and compulsions.

**Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children. John Dacey & Lisa Fiore (2000)**

Empowers you to teach your child essential coping skills for dealing with anxiety in engaging, creative ways. Through dozens of activities you can start using right now, your child will learn how to alleviate stress, build courage and trust, and become an innovative problem solver.