Parenting Healthy Preteens Anxiety Resources

Videos and Documentaries

- Recognizing and Treating Problematic Fear & Anxiety in Children
- How Parents Can Help with Child Anxiety

Websites

- AACAP Resource Center
- Anxiety Canada: Children and Anxiety Canada: Youth
- Anxiety Disorders Parents' Medication Guide
- Anxiety Canada - Downloadable How-To Guides
- Youth Anxiety 101
- Childhood Anxiety Disorders
- Zones of Regulation

Podcasts and Audio

- ACT MP3s for Relaxation-Dr John Forsyth (99¢ per download)
- UCLA Center for Mindfulness Guided Audio and Video (free)
- Mindful.org- Audio Guided Meditation (free)

Apps

- Calm — Sleep, meditation, relaxation (free & paid versions)
- Daylio — Journal & tracker (free & paid)
- Headspace — Meditation & mindfulness exercises (free trial)
- Panic Mechanic —For panic attacks (Apple only)
- Unwinding Anxiety — Neuroscientist-developed (paid)

Anxiety Resources
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Books

- *Freeing Your Child From Anxiety: Powerful, Practical Solutions* –Tamar Chansky, Ph.D
- Helping Your Anxious Child: a Step-by-Step Guide, 2nd Ed. –Ronald Rapee, Ph.D & Ann Wignall, PsyD
- *You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life* –Anne Marlie Albano, Ph.D
- *The Anxiety and Phobia Workbook* –Edmund J. Bourne PhD
- Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry –Edmund J. Bourne PhD
- *Anxiety Happens: 52 Ways to Find Peace of Mind* –John P. Forsyth PhD & Georg H. Eifert PhD
- The Anxious Thoughts Workbook: Skills to Overcome the Unwanted Intrusive Thoughts that Drive Anxiety, Obsessions, and Depression –David A. Clark PhD
- *The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program* –William J. Knaus EdD
- *Don't Feed the Monkey Mind* –Jennifer Shannon, LMFT
- *Freeing Yourself from Anxiety: The 4-Step Plan to Overcome Worry and Create the Life You Want* –by Tamar E. Chansky Ph.D.
- *Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry* –Catherine M. Pittman, PhD & Elizabeth M. Karle, MLIS