Recommended Resources for Children and Anxiety

Books
Anxious Kids Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children (helpful for any type of anxiety in children ages 8-18)  
By Reid Wilson, PhD and Lynn Lyons, LICSW

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger  
By Janine Halloran, MA, LMHC

I Can Handle It! (Mindful Mantras Book 1)  
By Laurie Wright

Freeing Your Child from Anxiety: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life—from Toddlers to Teens  
By Tamar Chansky, PhD

Websites
https://www.mayoclinic.org/
https://www.novanthealth.org/
https://atriumhealth.org/
https://www.mhanational.org/
https://www.nami.org/findsupport

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