



Recommended Resources for Children and Anxiety

Books

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| Anxious Kids Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children
<i>(helpful for any type of anxiety in children ages 8-18)</i> | 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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