

Books and Articles

1. Ready, Set, Relax: Research-Based Program of Relaxation, Learning, and Self-Esteem for Children. Jeffrey S. Allen, MEd and Roger J. Klein, Psy.D. *Scripts, guides, and directions for breathing relaxation, muscle relaxation, and relaxing imagery. Written for parents, teachers and healthcare professionals.*
2. Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else Paperback – August 1, 2014 by [Christopher Willard PsyD](#) (Author)
3. Worried No More: Help and Hope for Anxious Children. Aureen Pinto Wagner, Ph.D. *Understanding excessive anxiety and how to control it. Written for parents, teachers and healthcare professionals.*
4. Freeing Your Child From Anxiety. Tamar E. Chansky, Ph.D. *Practical solutions to helping your child overcome their fears, worries and phobias.*
5. The Anxiety Cure for Kids: A Guide for Parents. Elizabeth DuPont Spencer, M.S.W., Robert L. DuPont, M.D., Caroline M. DuPont, M.D. *A comforting, practical guide to helping your child deal with anxiety.*
6. Relaxation and Stress Reduction Workbook (2008). Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay. *Understanding anxiety/stress and coping skills for anxiety. Written for parents, teachers and healthcare professionals.*
7. Anxiety and Phobia workbook (2010). Edmund J. Bourne, Ph.D. *Understanding anxiety/stress and coping skills for anxiety. Written for parents, teachers and healthcare professionals.*

Websites:

1. www.childanxiety.net
2. Worry Wise Kids: www.worrywisekids.org
3. www.kidsrelaxation.com
4. www.nasponline.org/resources/intonline/anxiety_huberty.pdf General information/tips for supporting children with anxiety.
5. <http://youth.anxietybc.com> – great website geared towards the middle school child. It has an associated free iPhone/iPod app (Mindshift) for resources, anxiety monitoring charts, and anxiety reduction strategies like guided meditations.