

# Resource List for Anxiety

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

900 Hornet Dr.

St. Louis, MO 63042

314-989-8460

**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)

**Differently Wired: Raising an Exceptional Child in a Conventional World. Deborah Reber. (2018)**

This book is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

**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

**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 students on the Path to Disability Pride and support their success in the classroom and community

**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 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.

**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 experience of their own teenager's mental illness this book provides readers with the clinical information and practical advice they need to understand and help their teen.

**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

**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.

**Mindfulness for Kids: A Complete Guide to Helping Children Learn to Listen to Their Bodies, Understand Their Emotions, and Manage Stress. Casey Langford (2018)**

This book will show you how to get your child on the road to a healthier mind and a better life!

**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.

**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.

**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.

**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.

**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)