

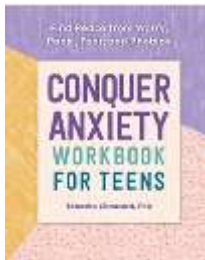
Anxiety for Resources for Parents

WORKBOOKS

The Anxiety Workbook for Teens: Activities to help you deal with anxiety and worry



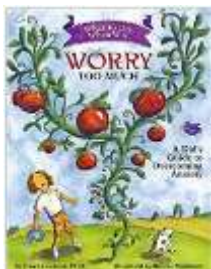
Conquer anxiety workbook for teens: Find peace from worry, panic, fear and phobias



Anxiety relief for teens



What to do when you worry too much



Workbooks can greatly help your child learn about anxiety, what it may feel like and how they can re-direct their thoughts and actions to calm themselves. **This is NOT a substitute for finding a counselor.** Please ask for our list of recommended counselors and/or visit psychologytoday.com to review counselor bio's.

RECOMMENDED APPS

Self help for anxiety management

- Self-monitoring of anxiety with graphical display
- 25 self help options covering: information about anxiety, thinking and anxiety, physical relaxation, and mental relaxation
- Guidance on putting self-help into practice
- Closed social network of users

7 Cups

- Offers free, anonymous 24/7 emotional support and counseling from trained active listeners
- Community forums and chat rooms to share what users are feeling/going through
- Communication with other teens who understand and can relate

Moodtrack Social Diary

- Helps them identify their mood and tracks their mood swings in a graph
- Option to chat anonymously with other users to form a support group
- Saves all posts in timeline form of date/time
- Sense of community among users

Headspace

- 10 minute FREE sessions on how to meditate and practice mindfulness.
- Short videos with good visualization
- Kids section organized by age group

WEB RESOURCES

- AACAP
- Nemours Kidshealth
- American Psychological Association
- Anxiety & depression Association of American

OTHER HELPFUL INFO

- Stay active. Regular exercise is good for physical & emotional health and can help release "feel good" endorphins. Aim for 45min per day.
- Ditch caffeine and energy drinks
- Consistent bedtimes and routines for bedtime – aim for at least 7-10hr of sleep per night. Melatonin can be helpful.
- Eat a healthy diet – try to get away from the processed foods especially carbs and sugar. Aim for a clean diet with plenty of protein.
- Try aromatherapy such as lavender, bergamot, clary sage, grapefruit & ylang ylang.