

Teen Anxiety Resources

Websites providing helpful information, handouts, and resources on child anxiety

Youth Anxiety BC: <https://youth.anxietybc.com/>

Anxiety.org: <https://www.anxiety.org/causes-and-symptoms-of-anxiety-in-children>

Worry Wise Kids: <http://www.worrywisekids.org/>

Brave Online - Helping Young Kids Overcome Anxiety: <http://www.brave-online.com/>

Coping Cat Parents: https://www.copingcatparents.com/Child_Anxiety_Tales

Blogs and online communities on child anxiety

Parenting Anxious Kids: <https://blogs.psychcentral.com/anxious-kids/>

Anxiety Free Child Blog: <http://anxietyfreechild.com/blog/>

Turn Around Anxiety Blog: <https://www.turnaroundanxiety.com/blog/>

Mindfulness exercises for child anxiety

Mindfulness Exercises for Children and Teens:

<https://positivepsychologyprogram.com/mindfulness-for-children-kids-activities/>

Cosmic Kids Mindfulness Meditation Videos: <https://www.cosmickids.com/mindfulness-meditation-videos-kids/>

Mindfulness for Kids YouTube Video Resources:

<https://www.theottoolbox.com/2018/01/mindfulness-for-kids-youtube-videos.html>

Anxiety apps

Headspace for kids: <https://www.headspace.com/how-it-works>

Breathe2Relax: <https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>

Calm: <https://www.calm.com/>

Books for anxiety

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-do Guides for Kids)

Freeing Your Child from Anxiety

Helping Your Anxious Child

Wilma Jean the Worry Machine

The Anxiety Workbook for Teens