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Resources on Anxiety

Adapted from Pediatric Anxiety: Tools and Resources for Primary Care by Carolyn Bridgemohan, M.D., FAAP and Carol Weitzman, M.D., FAAP

Books & Resources for Parents

- Worried No More: Help and Hope for Anxious Children by Aureen P. Wagner
- Treating Childhood and Adolescent Anxiety: A Guide for Caregivers by Eli Lebowitz and Haim Omer
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner
- Freeing Your Child from Anxiety by Tamar E. Chansky, PhD
- Helping your anxious child: A step by step guide for parents by Ronald Rapee and Ann Wignall
- The Huge Bag of Worries by Virginia Ironside
- CBT Toolbox for Children and Adolescents by Lisa Phifer
- Worry Wise: worrywisekids.org and Child Anxiety Network: childanxiety.net

Books for Children and Adolescents

- When My Worries Get Too Big! A Relaxation Book for Children by Kari Dunn Buron
- Wilma Jean the Worry Machine by Julia Cook
- Outsmarting Worry: An Older Kids' Guide to Managing Anxiety by Dawn Huebner
- Hey Warrior! By Karen Young
- David and the Worry Beast by Anne Marie Guanci
- Wemberley Worried by Kevin Henkes
- Anxiety Sucks! A Teen Survival Guide by Natasha Daniels

Tools, Apps, and Activities

- **Glitter jars**
 - www.firefliesandmudpies.com/glitter-timers/
- **STAR breathing charts and other coping tools**
 - store.copingskillsforkids.com/products/deep-breathing-printables
 - consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Safe_Place_Breathing_Icons.pdf
 - www.plantlovegrow.com/anxiety--insecurity.html
 - www.anxietybc.com/parenting/worksheets
- **Mindfulness apps and activities**
 - www.healthline.com/health/mental-health/top-meditation-iphone-android-apps
 - positivepsychologyprogram.com/mindfulness-for-children-kids-activities
 - gozen.com
 - leftbrainbuddha.com/resources-for-teaching-mindfulness-to-your-children

Community Counselor and Behavioral Specialists

This is a starting list for resources in our community. Many more are available

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| Grace Iacuone, LPC | Alamo Heights | (210) 598-8447 (may need referral) | No Networks |
| Mindworks | Castle Hills & Schertz | (210) 366-3700 | Insurance |
| Rebecca Sterling, PhD | Alamo Heights | (210) 561-2861 | No Networks |
| Clarity Guidance | Medical Center | (877) 676-5437 | Insurance |
| SA Counsel & Behav Ctr | 3 Locations | (210) 614-4990 | Insurance |
| Henrietta Dominguez, LPC | Wurzbach & Blanco | (210) 702-3066 | No Networks |
| Madeleine Reichert, DMD | Oakwell Farms | (210) 829-1994 Ext. 2 | No Networks |