

# ANXIETY RESOURCES

## BOOKS

Mindful Bea and the Worry  
Tree by Gail Silver

Ruby Finds a Worry by Tom  
Percival

Wilma Jean the Worry Machine  
by Julia Cook

Help Your Dragon Deal with  
Anxiety by Steve Hermann

What to Do When You Worry  
Too Much by Dawn Huebner

Breaking Free of Child Anxiety  
and OCD by Eli Lebowitz

Anxiety-Free Kids: An  
Interactive Guide for Parents  
and Children by Bonnie Zucker

Breathe Like a Bear: 30  
Mindful Moments for Kids to  
Feel Calm and Focused Anytime,  
Anywhere by Kira Willey  
Coping Cat Workbook by  
Philip Kendall and Kristina  
Hedtke

Sitting Still Like a Frog:  
Mindfulness Exercises for Kids  
by Eline Snel

Freeing Your Child From  
Anxiety by Tamar E. Chansky,  
PhD

Anxiety Relief for Teens by  
Regine Galanti

Social Anxiety Relief for Teens  
by Bridget Flynn Walker PhD

# ANXIETY RESOURCES

## WEBSITES

[www.anxietycanada.com](http://www.anxietycanada.com)

MindShift App