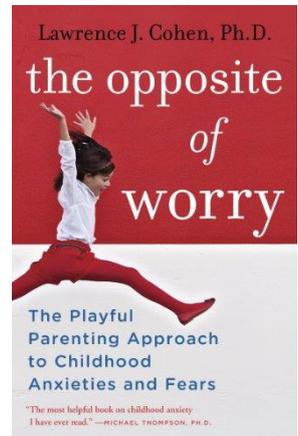


# Dealing with anxiety

## Books for parents

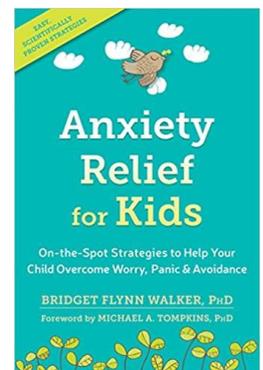
### The Opposite of Worry: the playful parenting approach to childhood anxieties and fears by Lawrence Cohen

Some of the nearly universal emotions that children experience are fear and worry. As many parents discover, logic and reassurance often don't work, leaving them at a loss for how to help their children. This book shows how lighthearted parenting techniques including lots of emphasis on physical play can help children and parents overcome everything from temporary nerves to ongoing fears.



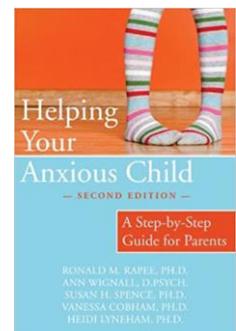
### Anxiety Relief for Kids by Bridget Flynn Walker

If you have a child with anxiety, you may need quick, on-the-spot solutions when problems crop up. This book provides simple techniques that you can apply at a moment's notice. Learn how to identify your child's unhealthy strategies for coping with anxiety, work out their anxiety triggers and feel more in control when anxiety does strike.



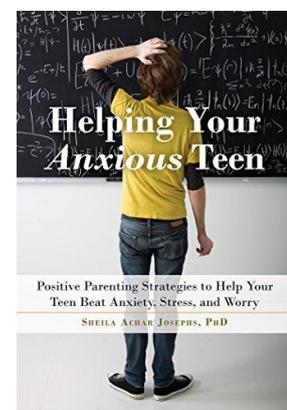
### Helping Your Anxious Child by Ronald Rapee & others

This book uses a step-by-step approach to help you learn how anxiety works and develop effective skills to practice with your child. It includes activities for you and your child to complete together to help you gain confidence in supporting your anxious child.



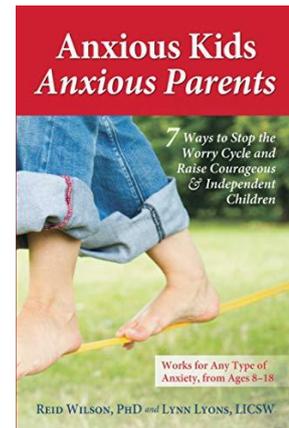
### Helping Your Anxious Teen by Sheila Achar Josephs

Parents often find it frustrating when common sense and logical methods such as reassurance don't seem to work to allay their teen's anxiety. This book helps you develop the knowledge to effectively manage teen anxiety. Learn the best ways to support your teen in overcoming problematic thinking and fears, discover what behaviours and coping strategies make anxiety worse, and understand how anxiety is best defeated. You and your teen will hopefully feel empowered by new ways of responding to anxiety.



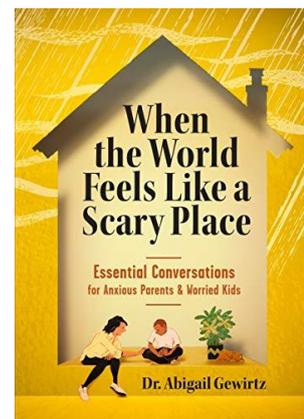
### Anxious Kids, Anxious Parents by Reid Wilson & Lynn Lyons

Helping children overcome anxiety is harder if you're an anxious parent. This book shows parents that they can break the cycle of anxiety and identifies some common anxiety-enhancing patterns. It provides advice on how to change your responses in ways that foster courage and confidence. By following the advice, parents can not only model confidence for their kids but also learn to become more confident themselves.



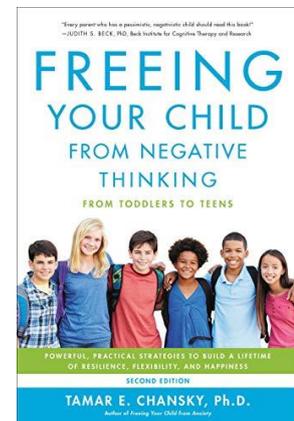
### When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kids by Abigail Gewirtz

We live in an age of anxiety and children often struggle to put things into perspective. Parents, often anxious themselves, can find it difficult to talk children about what worries them. This book offers a series of conversation scripts for talking through worries with children, and tips for helping children stay calm in an anxious world, offering security for both parents and children.



### Freeing Your Child From Negative Thinking by Tamar Chansky

Emotional resilience leads to a happier, healthier life, so whether your child expresses a typical degree of worry or shows signs of higher stress or anxiety, how parents respond and help them build resilience can make a difference. This book lays out an approach that allows parents and children to work together as they learn to outsmart fears, manage worries, and handle the pressure they face in our competitive culture.



### Parenting Your Anxious Teen by Aurora Morris

Parenting a teen isn't easy, but parenting an anxious teen is especially challenging. This book helps you to understand what's going on in your teenager's mind and support them to cope with their stress and worries. It gives you strategies to ensure their emotional, spiritual & physical wellbeing and offers approaches for facing fears and overcoming depression. It aims to allow you to connect with your child on a deeper level.

