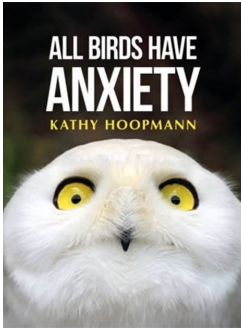


Coping with Anxiety

Children



All Birds Have Anxiety

Kathy Hoopmann
j618.928522 HOO
<http://www.livermore.lib.ca.us/record=b1632834~S7>

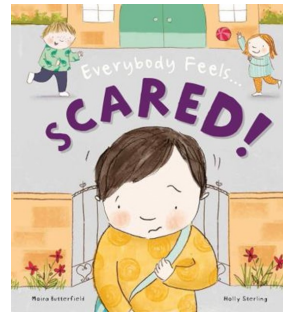
All Birds Have Anxiety explores the symptoms of anxiety disorder and their impact on day-to-day life with reference to the avian world. Its humorous yet gentle approach recognises the stress that anxiety can cause.



Hey Warrior

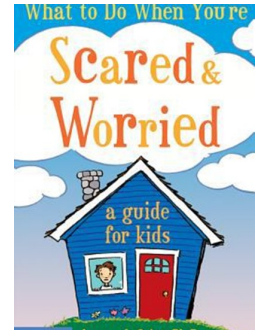
Karen Young
j155.41246 YOU
<http://www.livermore.lib.ca.us/record=b1660528~S7>

Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.



Everybody Feels... Scared!

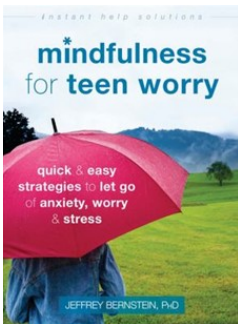
Moira Butterfield
PIC J BUTTERFIELD
<http://www.livermore.lib.ca.us/record=b1628703~S7>
Enumerates common fears and how to counteract them.



What to do When You're Scared and Worried: A Guide for Kids

James Crist
j155.41246 CRI
<http://www.livermore.lib.ca.us/record=b1167145~S7>
Provides information and ideas that kids can turn to when they need advice, reassurance, and ideas to try.

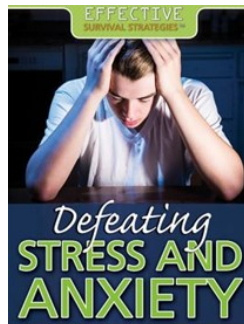
Teens



Mindfulness for Teen Worry: Quick and Easy Strategies to Let Go of Anxiety, Worry, and Stress

Jeffrey Berstein
TEEN 155.4189
<http://www.livermore.lib.ca.us/record=b1657314~S7>

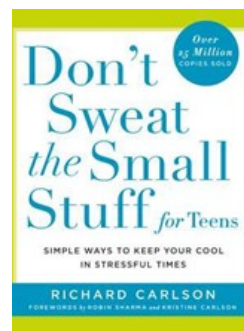
Presents quick, easy-to-learn mindfulness exercises readers can use anytime, anywhere to stop worries from growing and taking over.



Defeating Stress and Anxiety

Erin Staley
TEEN 155.9 STA
<http://www.livermore.lib.ca.us/record=b1629720~S7>

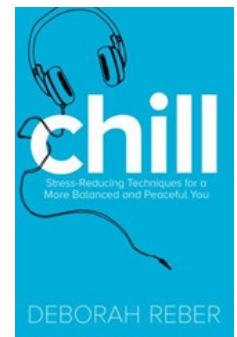
Explains the causes of stress and anxiety and presents ways to manage them.



Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times

Richard Carlson
TEEN 158.10835
<http://www.livermore.lib.ca.us/record=b1078909~S7>

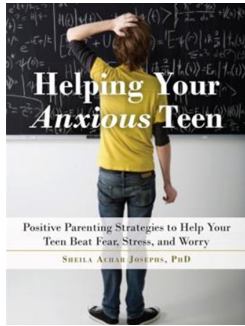
In this candid guide to adolescence, Richard Carlson examines the contradictions and challenges unique to teenage life and offers high schoolers (and their parents) tools for learning not to stress about homework, peer pressure, dating, and more.



Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You

Deborah Reber
TEEN 155.518 REB
<http://www.livermore.lib.ca.us/record=b1624261~S7>

Chill explains what happens to your body and mind when you're stressed; shows you how to de-stress through a variety of techniques including time management, visualization, exercise, and creative outlets; offers organizational tips to make every part of your life run more smoothly.



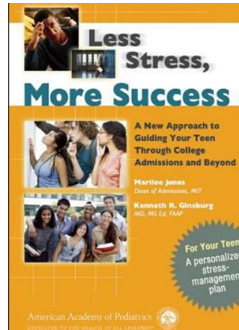
Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry

Sheila Achar Josephs

649.125 JOS

<http://www.livermore.lib.ca.us/record=b1656098~S7>

Parenting a teen isn't easy, but parenting an anxious teen is especially challenging. Written by a psychologist and expert on adolescent anxiety, this book will show you what really works to overcome all types of teen anxiety and how to apply specific skills to support your teen.



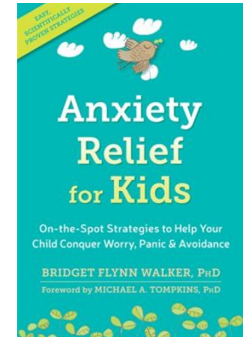
Less Stress, More Success: A New Approach to Guiding Your Teen Through College Admissions and Beyond

Marilee Jones

378.161 JON

<http://www.livermore.lib.ca.us/record=b1397366~S7>

Co-written by a top college admissions dean and a leading pediatrician, this first-of-its-kind book delivers strategies for surviving the admissions process while strengthening parent-child relationships, managing the stress of applying to college, and building resilience to meet challenges today and in the future



Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child Conquer Worry, Panic & Avoidance

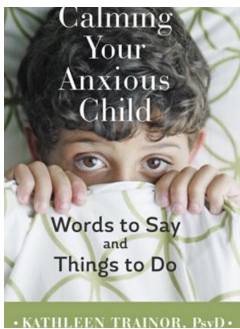
Bridget Walker

155.41246 WAL

<http://www.livermore.lib.ca.us/record=b1656840~S7>

Clinical psychologist Walker, PhD, whose skills are based in cognitive behavioral therapy (CBT), assists parents in taking a leading role in helping their elementary-aged child overcome anxiety, panic, and obsessions.

Parents



Calming Your Anxious Child: Words to Say and Things to Do

Kathleen Trainor

618.92 TRA

<http://www.livermore.lib.ca.us/record=b1623930~S7>

Dr. Kathleen Trainor builds on cognitive behavioral therapy to provide practical steps for guiding parents through the process of helping their children manage their anxieties and gain control over their worry-based behaviors.



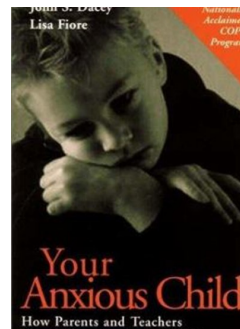
Keys to Parenting Your Anxious Child

Katharina Manassis

649.154 MAN

<http://www.livermore.lib.ca.us/record=b1578697~S7>

How can parents recognize anxieties that affect their child's happiness and well-being, and how can they help their child overcome them? An experienced child psychiatrist answers this important two-part question by describing various anxiety-caused behavior patterns and advising parents on ways to help their child within the context of both family and school.



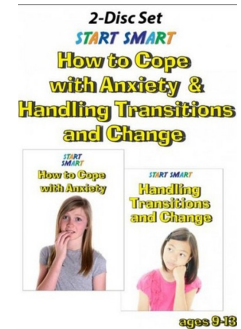
Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children

John S. Dacey

649.1 DAC

<http://www.livermore.lib.ca.us/record=b1130485~S7>

Offers strategies organized into the authors' four-step "COPE" program, which has undergone more than 20 years of field testing



Start Smart: How to Cope With Anxiety and Handling Transitions and Change

Wonder Entertainment

DVD 629.125 STA

<http://www.livermore.lib.ca.us/record=b1659832~S7>

Volume one: anxiety is just part of being a teenager. Viewers will learn five coping skills that will help them to manage their feelings of anxiety. Volume two: this program was created to meet the needs of children with Autism Spectrum Disorders (ASD). Children will learn strategies for handling transitions and change.