

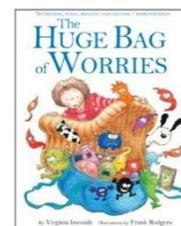
RESOURCES FOR YOUNG PEOPLE EXPERIENCING ANXIETY OR WORRY



Books for Young Children

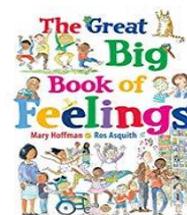
The Huge Bag of Worries (3 – 8 Years)

Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her?



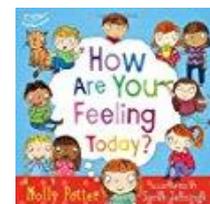
The Great Big Book of Feelings (4 – 7 years)

How are you feeling today? Happy? Sad? Excited? Scared? We all experience lots of different emotions, sometimes angry or silly, sometimes jealous or upset; sometimes lonely or worried. However you feel, sharing and talking about your feelings will make you feel better. This fresh, optimistic look at all the feelings we experience explores feelings in family life, at school and everywhere with warmth, wit and sensitivity. Featuring lots of different children in various situations, brief text captions and questions and plenty of humour, this is the go to book to learn about feelings.



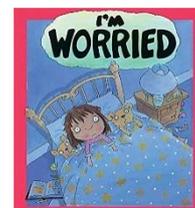
How are you Feeling Today? (4 – 8 years)

This book provides children with several straightforward, entertaining and appropriate interactive ideas to help them deal with a selection of significant emotions. A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out.



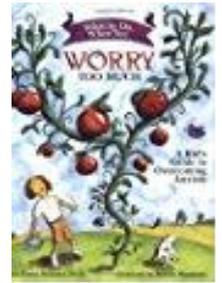
I'm Worried (Your Feelings) (6 – 11 years)

A picture book that helps young children with feelings of anxiety and worry they may feel in their early years. From feeling left out when playing with friends, taking a test, or speaking in a school assembly, to a stay in hospital or seeing other family members worry during anxious times, this book suggests ways that can help children put their worries into perspective. This book is part of the Your Feelings series, which examines feelings in an amusing but ultimately reassuring way. Each book contains notes for parents and teachers with suggestions of ways to help children deal with their emotions.



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids) – Dawn Huebner (6 – 12 years)

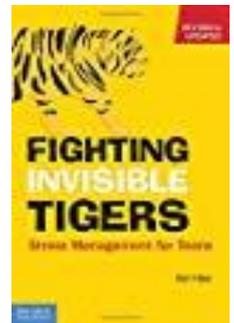
What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.



Books for Teenagers

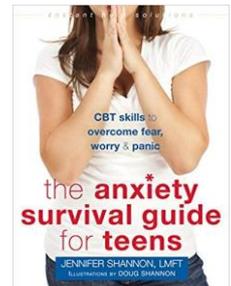
Fighting Invisible Tigers: Stress Management for Teens – Earl Hipp

Stress is something we all experience, but research suggests that adolescents are affected in unique ways that can lead to increases in impulsive and risky behaviour. While eliminating stress completely isn't realistic, young people can learn to control how they respond to it. "Fighting Invisible Tigers" offers proven techniques that teens can use to deal with stressful situations in any environment - in school, at home, even among friends. It also includes fully up-to-date information on how stress affects health and decision making, as well as the latest stress management skills. Filled with interesting facts, real life stories, and fun activities, this is a great resource for teens everywhere.



The Anxiety Survival Guide for Teens – Jennifer Shannon

Based in cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT). Not a substitute for seeking help via a GP, but useful for teens who don't meet the threshold for support through CAMHS and are being supported by family members.



Helpful Websites

Young Minds – <https://youngminds.org.uk/>

NHS - <https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/>

Headspace - <https://www.headspace.com/meditation/kids>

Breathing Space - <https://breathingspace.scot/>