

## **Rachel J. Kramer, Ph.D.**

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## **Anxiety and Stress: Self-Help Resources for Children and Teens**

[Anxiety Canada](#) – excellent online educational/self-help resource. Includes a section for children and a section for youth (aka teens)

[Books and Workbooks](#) by Dawn Huebner, Ph.D., such as:

- [What to Do When You Worry Too Much](#)
- [What to Do When You Dread Your Bed](#)
- [Outsmarting Worry: An Older Kid's Guide to Managing Anxiety](#)

[Books and Workbooks](#) by Christopher Willard, Psy.D., such as:

- [Alphabreaths: The ABCs of Mindful Breathing](#)
- [Mindfulness for Teen Anxiety](#)

[Instant Help Books](#) by New Harbinger Press, such as:

- [The Worry Workbook for Kids](#)
- [The Resilience Workbook for Kids](#)
- [The Stress Reduction Workbook for Teens](#)
- [The Anxiety Workbook for Teens](#)

[Playing With Anxiety: Casey's Guide for Kids and Teens](#) by Reid Wilson & Lynn Lyons