

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



ANXIETY AND STRESS MANAGEMENT / L'INQUIÉTUDE ET LE STRESS

*Kaitlin Atkinson Family Resource Library / Bibliothèque de
ressources familiales Kaitlin Atkinson*

Resource List / Ressources

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101 ways to conquer teen anxiety: simple tips, techniques and strategies for overcoming anxiety, worry and panic attacks / McDonagh, Thomas; Hatcher, John Patrick. -- Berkeley, CA: Ulysses Press, 2016.

This book offers dozens of beneficial quizzes, activities, tips and illustrations to help teens: identify the most common anxiety triggers, learn essential skills to prevent anxiety attacks, redirect risky behavior, including substance abuse and self-harm, understand the options of therapy and medication, overcome the spike-and-relapse cycle.

FAM BF 723 .A5 M33 2016

All birds have anxiety / Hoopmann, Kathy. -- London; Philadelphia: Jessica Kingsley Publishers, 2017.

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 recognizes the stress that anxiety can cause, giving hope to people with the condition, and helping those without it to better understand how it feels to have anxiety.

FAM BF 723 .A5 H65 2017

L'anxiété, un message à déchiffrer: de la naissance à l'adolescence / Bertrand Édith; Brousseau, Marilou. -- Brossard, Québec: Éditions Un Monde différent, 2011.

Cet ouvrage a pour mission d'apporter un éclairage sur les caractéristiques et les causes de l'anxiété chez les jeunes, de démystifier quelques tabous et de fournir des éléments de solutions pour une vie plus paisible et heureuse. Il s'adresse aux parents, aux tuteurs et aux éducateurs désireux d'aider un jeune à gagner plus de calme et de confiance en lui-même, les autres et la vie.

FAM BF 724.3 .A57 B47 2011

The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic / Shannon, Jennifer. -- Oakland, CA: Instant Help Books, 2015.

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book is a resource to help teens skillfully work through situations that cause anxiety so they can focus on their goals.

FAM BF 723 .A5 S52 2015

Attention, enfant sous tension!: le stress chez l'enfant / Duclos, Germain. -- Montréal: Éditions du CHU Sainte-Justine, 2011.

Il s'avère essentiel que parents et enfants apprennent à le gérer le stress plus tôt possible afin de profiter pleinement de chaque moment de la vie. Cette livre, tout en identifiant les impacts sur le développement de l'enfant de même que les manifestations physiologiques et comportementales qui sont stressant, il fournit d'efficaces stratégies pour aider le jeune et sa famille à mieux composer avec le stress afin de s'assurer qu'il ne rime jamais avec détresse.

FAM BF 723 .S75 D83 2011

A child's story: going to school with anxiety / Bains, George Ann -- Bloomington, IN: AuthorHouse, 2009.

This book helps parents explain to their child what they are feeling and gives counselling techniques that can be implemented immediately. This book deals with the frightening prospect of going to school and the inner worries of a little girl coming to terms with her anxiety.

FAM BF 723 .A5 B35 2009

Freeing your child from anxiety: practical strategies to overcome fears, worries, and phobias and be prepared for life--from toddlers to teens / Chansky, Tamar E. -- New York: Harmony Books, 2014.

Written by an expert in the field of childhood anxiety disorders, this guide is for parents looking for

safe, proven methods for reducing childhood anxiety. Dr. Chansky shows them how to teach their child to successfully deal with stress and face the challenges and uncertainties of life.
FAM BF 723 .A5 C3 2014

Helping your anxious child [2nd ed.]: a step-by-step guide for parents / Rapee, Ronald M. -- Oakland, CA: New Harbinger, 2008.

This book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion.
FAM BF 723 .A5 R36 2008

Hole in one: a tale from the Iris the dragon series: a children's book dealing with the topic of anxiety disorder / Grass, Gayle -- Perth, ON: Iris the Dragon, 2008.

A picture book for young school age children dealing with anxiety disorder, particularly while at school. Iris the dragon teaches Teeman tools to make him feel less anxious and more confident.
FAM BF 723 .G77 2008

If your adolescent has an anxiety disorder: an essential resource for parents / Foa, Edna B. -- New York: Oxford University Press, 2006.

This book provides professional advice as well as practical daily-advice tips from parents. It offers explanations of the four most common anxiety disorders and an in-depth look at the causes, treatment and prevention of these illnesses.
FAM BF 723 .A5 F63 2006

Incroyable moi maîtrise son anxiété: guide d'entraînement à la gestion de l'anxiété / Couture, Nathalie -- Québec: Éditions Midi trente, 2011.

Voici un guide d'intervention conçu pour aider les enfants à mieux comprendre les manifestations physiques, cognitives et émotionnelles de leur état. Chacune des sections présente une introduction théorique à l'intention des adultes et est suivi d'explications simple et imagées, dans des mots d'enfants. Pour enfants de 6 à 12 ans.
FAM BF 723 .A5 C68 2011

Keys to parenting your anxious child / Manassis, Katharina. -- Hauppauge, NY: Barron's Educational Series, 2015.

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 environments.
FAM BF 723 .A5 M36 2015

The little bear and the big bear: a story designed to help teach children how to deal with frustration, anxiety and anger / Dumont, Monica. -- 2012.

This book helps parents support their child in recognizing and dealing with frustration which can lead to anxiety.
FAM BF 723 .A5 D86 2012

Master of mindfulness: how to be your own superhero in times of stress / Grossman, Laurie. -- Oakland, CA: New Harbinger Publications, Inc., 2016.

With this fun and empowering book, written for kids by kids and featuring cool illustrations and tips, young readers will learn how to use the power of mindfulness to address daily stresses--whether at school, at home, or with friends--so they can be confident, get focused, stay calm, and tap into their own inner strength. Kids can be their own superheroes--no matter what life throws

their way.

FAM BF 723 .S3 G75 2016

The mindful child: how to help your kid manage stress and become happier, kinder, and more compassionate / Greenland, Susan Kaiser. -- New York: Free Press, 2010.

Mindful awareness works by enabling you to pay closer attention to what is happening within you-- your thoughts, feelings and emotions-- so you can better understand what is happening to you.

The author has developed techniques to teach mindful awareness to children, building their emotional and social skills and positively affecting their academic performance.

FAM BF 723 .S75 G744 2010

Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school & everywhere else / Willard, Christopher. -- Oakland, CA: Instant Help Books, 2014.

Being a teen is hard enough without anxiety getting in the way. This book offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends.

FAM BF 723 .A5 W55 2014

Noni is nervous / Hartt-Sussman, Heather. -- Toronto: Tundra Books, 2013.

A unique hardcover picture book for two to five year olds, this is the story of a lovely little girl who is nervous about many things. Noni finds a way to control her nerves and work through her anxiety.

FAM BF 723 .A5 H27 2013

Please explain "anxiety" to me!: simple biology and solutions for children and parents / Zelinger, Laurie E. -- Ann Arbor, MI: Loving Healing Press, 2014.

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience and gives accurate physiological information in child friendly language.

FAM BF 723 .A5 Z57 2014

Pourquoi j'ai mal au ventre?: guide pratique de l'anxiété chez l'enfant de 7 à 12 / Desrochers, Susie Gibson. -- Montréal: Éditions Logiques, 2011.

Ce guide fait connaître aux parents inquiets les divers visages de l'anxiété à laquelle sont en proie leurs enfants : anxiété de séparation, phobies simple et sociale, stress post-traumatique, trouble obsessionnel-compulsif, etc. Il renferme une trentaine d'activités s'adressant directement à l'enfant: des outils pour contrôler son anxiété et des techniques qui s'apprennent, comme la respiration contrôlée. On y explique comment reconnaître les agents stressants, quelles sont les actions à entreprendre face à différentes émotions et comment remplacer les pensées irréalistes et noires par les pensées réalistes et roses.

FAM BF 723 .A5 G52 2011

The relaxation & stress reduction workbook for kids: help for children to cope with stress, anxiety & transitions / Shapiro, Lawrence E.; Sprague, Robin K. -- Oakland, CA: New Harbinger, 2009.

Offers parents a variety of techniques they can use to help their children relax, unwind, and deal constructively with common stressors such as divorce, loss of a loved one, a family move, starting at a new school, and more.

FAM BF 723 .S75 S53 2008

Some bunny to talk to: a story about going to therapy / Sterling, Cheryl. -- Washington: Magination Press, 2015.

This book presents therapy in a way that is simple, direct, and easy for young children to understand. Children will hear about what to expect from therapy and how therapists are very good at helping kids to solve problems. Includes note to parents. For ages 4-8.

FAM BF 723 .A5 S73 2015

A still quiet place for teens: a mindfulness workbook to ease stress and difficult emotions /

Saltzman, Amy. -- Oakland, CA: New Harbinger Publications, 2016.

Being a teen in today's fast-paced, media-saturated world is difficult, and it's easy to get overwhelmed or stressed out. Using mindfulness-based stress reduction (MBSR) techniques, teens will learn to balance emotions, stay focused, and experience the natural quietness that lives within.

FAM BF 723 .S3 S25 2016

Stress relief: the ultimate teen guide / Powell, Mark -- Lanham, MD: The Scarecrow Press, Inc., 2002.

Describes the causes of stress, how to recognize and deal with them, and how to alleviate the stress itself by using such methods as breathing exercises, meditation and creative visualization.

FAM BF 724.3 .S86 P69 2002

Taming worry dragons: a manual for children, parents, and other coaches / Garland, E. Jane --

Vancouver: British Columbia's Children's Hospital, 2009.

Created by two psychologists at BC Children's Hospital, this manual explains what anxiety is, and provides helpful coping strategies based in cognitive behavioural therapy, in a language that kids can understand.

FAM BF 723 .A5 G37 2009

Too stressed to think?: a teen guide to staying sane when life makes you crazy / Fox, Annie --

Minneapolis, MN: Free Spirit Publishing Inc. 2005.

This book is packed with practical information and stress-lessening tools teens can use every day. Dozens of realistic scenarios describe stressful situations teen readers can relate to. Each scenario is followed by a clear, understandable process for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?"

FAM BF 724.3 .S86 F69 2005

Les troubles anxieux expliqués aux parents / Baron, Chantal. -- Montréal: Éditions de l'Hôpital Sainte-Justine, 2001.

Un survol des troubles anxieux pour aider les parents à s'y retrouver. Quelles sont les causes de ces maladies et que faire pour aider ceux qui en souffrent? Comment les déceler et réagir le plus tôt possible?

FAM BF 723 .A5 B37

What to do when you feel too shy: a kid's guide to overcoming social anxiety / Freeland, Claire A.

B; Toner, Jacqueline B; McDonnell, Janet. -- Washington DC: Magination Press, 2016.

This book is meant to help kids with social phobias and anxiety using an approach based on cognitive-behavioral principles. Through a variety of examples, activities, and step-by-step instructions, middle-grade children will learn how to speak up, participate, and expand their comfort zones.

FAM BF 723 .A5 F74 2016

What to do when you worry too much: a kid's guide to overcoming anxiety / Huebner, Dawn --

Washington, DC: Magination Press, 2006.



Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, with writing and drawing activities and self-help exercises and strategies.

Appropriate for ages: 7-12 years.

FAM BF 723 .A5 H83 2006

When I feel worried / Spelman, Cornelia; Parkinson, Kathy -- Chicago: Albert Whitman & Company, 2013.

A young guinea pig describes situations that make her worry, what being worried feels like, and how she can stop worrying. Includes note to parents and teachers.

FAM BF 723 .A5 S74 2013

Wilma Jean the worry machine / Cook, Julia -- Chattanooga, TN: National Center for Youth Issues, 2012.

Wilma Jean worries about everything. She worries about missing the bus, doing a math problem wrong, having friends to play with, and getting carrots in her school lunch. Wilma Jean's teacher helps her figure out what worries she can control and those that she can't and what to do about both types of worries.

FAM BF 723 .A5 C66 2013

Worry taming for teens / Garland, E. Jane -- Vancouver: British Columbia's Children's Hospital, 2002.

This guide is for teens to help them understand and overcome anxiety, panic, shyness and other worry-related conditions. Appropriate for ages: 12-17 years.

FAM BF 724.3 .S86 G37

Web Sites / Sites internet

Helping Children Cope with Fear and Anxiety – CHEO / Aider les enfants sur le plan de la peur et de l'anxiété

<http://www.cheo.on.ca/en/anxiety?mid>

Anxiety – MedlinePlus from the National Library of Medicine

<http://www.nlm.nih.gov/medlineplus/anxiety.html>

Generalized Anxiety Disorder - American Academy of Family Physicians

<http://familydoctor.org/familydoctor/en/diseases-conditions/generalized-anxiety-disorder.html>

Anxiety Disorders - National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Kids Health – For Kids, Teens and Parents from the Nemours Foundation

<http://www.kidshealth.org>

Anxiety Disorders - Canadian Mental Health Association / Comprendre les troubles anxieux - Association canadienne pour la santé mentale

http://www.cmha.ca/mental_health/understanding-anxiety-disorders/

Anxiety Disorders Association of Ontario

<http://www.anxietydisordersontario.ca/>

Coping with Anxiety – Mindyourmind.ca

<http://www.mindyourmind.ca/wellness/wellness-tip/coping-anxiety>



What is an Anxiety Disorder – Kids Help Phone / Qu'est-ce qu'un trouble anxieux? – Jeunesse, J'écoute
<http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Anxiety/What-is-an-anxiety-disorder.aspx>

YouTube

What is the difference between anxiety & depression? - CHEO Videos
<http://www.youtube.com/watch?v=zFUKhefzSoA&list=SPC6061FE13A8FD250&index=9>

How can you 'monitor' a youth with anxiety while they are away at school? - CHEO Videos
http://www.youtube.com/watch?v=kzaHJ_vUTbE

How can you help a teen having a panic attack? - CHEO Videos
http://www.youtube.com/watch?v=z9NFVh8j_yw

Apps

HealthyMinds

- Free / gratuit
- English and French / anglais et français
- Last updated April 2015 Mis-à-jour 2015 avril
- From the Royal Ottawa Mental Health Centre
- From Google Play: HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy. Features: daily mood tracker and timeline to track your progress; journaling feature with photo entry capability to help you stay mindful of emotions; problem-solving guide linked to calendar which helps identify and develop a plan to address life challenges; stress buster strategies to learn how to cope with daily stresses; video breathing exercise to help calm the mind / Toutematête est un outil de résolution de problèmes qui t'aide à gérer tes émotions et faire face au stress sur le campus et ailleurs. L'objectif : garde ta santé tête. Caractéristiques : Outil de suivi de l'humeur quotidienne et chronologie pour suivre tes progrès; Fonction de tenue de journal avec la capacité d'ajouter des photos pour t'aider à rester à l'écoute de tes émotions; Guide de résolution de problèmes lié à calendrier qui t'aide à identifier les défis de ta vie et à établir un plan pour les surmonter; Stratégies anti-stress pour apprendre à gérer le stress quotidien; Vidéo qui présente une technique de respiration pour aider à calmer ton esprit
- Available from / Disponible depuis [Google Play](#) & [iTunes](#)

Mindshift

- Free
- English
- Last updated Feb 2017
- From the Anxiety Disorders Association of British Columbia
- From Google Play: MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. It will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Sleep; Intense Emotions; Test Anxiety; Perfectionism; Social Anxiety; Performance Anxiety; Worry; Panic; Conflict.
- Available from [Google Play](#) and [iTunes](#)

MindMasters 2

- Children's Hospital of Eastern Ontario
- Free / gratuit

- English, French / anglais et français
- Last updated Feb 2017 / Mis-à-jour 2016 février
- The MindMasters 2 app helps to teach children about stress control, positive thinking and mindfulness through a series of fun and interactive activities. This app is designed for parents, educators and other to use with children ages 4-9 years. A guidebook detailing instructions, discussion questions and more can be found online at www.cyhneo.ca. / Le MindMasters 2 app aide à enseigner aux enfants sur le contrôle du stress, la pensée positive et la pleine conscience à travers une série d'activités amusantes et interactives. Cette application est conçue pour les parents, les éducateurs et les autres à utiliser avec les enfants âgés de 4-9 ans. Un guide détaillant les instructions, les questions de discussion et plus peuvent être consultés en ligne à www.cyhneo.ca.
- Available from / Disponible depuis [iTunes](#)

Always There / Toujours à l'écoute

- Kids Help Phone / Jeunesse j'écoute
- Free / gratuit
- English and French / anglais et français
- Last updated June 2015 / Mis-à-jour 2015 juin
- The Kids Help Phone app provides a password protected space for you to log your feelings during the day, as well as youth-submitted inspirational quotes, tips on taking care of yourself, and jokes aimed at helping you cope with stress. The Info Booth has lots of information on emotional health topics and more. Finally, the app can also connect you directly with a Kids Help Phone counsellor over the phone, or during certain hours, Live Chat. / L'application Toujours à l'écoute offre un espace protégé par mot de passe pour recueillir tes émotions au courant de la journée, et pour accéder à des pensées inspirantes, des conseils pour prendre soin de toi et des blagues qui ont le but de t'aider à gérer le stress. Le kiosque d'info offre beaucoup d'information sur la santé émotionnelle ainsi que d'autres sujets. Enfin, l'application peut également te connecter directement avec un intervenant de Jeunesse J'écoute par téléphone, ou à notre service de clavardage pendant ses heures d'ouverture.
- Available from / Disponible depuis [Google Play](#) & [iTunes](#)

Breathe, Think, Do with Sesame

- From Sesame Workshop
- Free
- English and Spanish
- Last updated Nov 2015
- From Google Play: Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more! PLEASE NOTE: Breathe, Think, Do with Sesame is a very robust app and requires a strong wifi connection to ensure a complete download process.
- Available from [Google Play](#) and [iTunes](#)

Local Contacts / Liaison régionales

Children's Hospital of Eastern Ontario
By physician's referral / par les médecins renvoi
613-738-6990

Canadian Mental Health Association - Ottawa Branch / Association canadienne pour la santé mentale –
Section Ottawa
1355 Bank St, Suite 301



Ottawa, ON K1H 8K7
613-737-7791
general@cmhaottawa.ca
<http://www.cmhaottawa.ca/>

Anxiety Disorders Association of Ontario
Heartwood House
404 McArthur Avenue
Ottawa, ON K1K 1G8
info@anxietydisordersontario.ca
<http://www.anxietydisordersontario.ca/>

Kids Help Phone / Jeunesse, J'écoute
<http://kidshelpphone.ca>
800-668-6868

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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