

Anxiety and Stress Management

Inquiétude et Stress

Books / livres

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.

FAM BF 723 .A5 M33 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.

Aider l'enfant anxieux: guide pratique pour parents et enfants / Leroux, Sophie.

Montréal: Éditions du CHU Saint-Justine, 2016.

FAM BF 723 .A5 L48 2016

Ce guide propose un conte thérapeutique illustré et son interprétation qui souligne les causes, les éléments déclencheurs et les manifestations de l'anxiété. Cette analyse questionne aussi les enfants et leurs parents sur ce qu'ils vivent, leur permettant de bien comprendre la problématique et d'apprendre à la gérer pour en diminuer les impacts.

All birds have anxiety / Hoopmann, Kathy.

London; Philadelphia: Jessica Kingsley Publishers, 2017.

FAM BF 723 .A5 H65 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.

L'anxiété, un message à déchiffrer: de la naissance à l'adolescence / Bertrand Édith; Brousseau, Marilou.

Brossard, Québec: Éditions Un Monde différent, 2011.

FAM BF 724.3 .A57 .B47 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.

The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic / Shannon, Jennifer.

Oakland, CA: Instant Help Books, 2015.

FAM BF 723 .A5 S52 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.

Attention, enfant sous tension!: le stress chez l'enfant / Duclos, Germain.

Montréal: Éditions du CHU Sainte-Justine, 2011.

FAM BF 723 .S75 .D83 2011

Germain Duclos définit tout d'abord le stress et en présente les différentes composantes. Il décrit ensuite les nombreuses situations qui génèrent du stress: performance sportive ou artistique, difficulté d'adaptation, doute quant au sentiment de sécurité, résultats scolaires, tension familiale, conciliation travail-famille, etc. Enfin, tout en identifiant les impacts sur le développement de l'enfant de même que les manifestations physiologiques et comportementales qui y sont liées, 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.

A child's story: going to school with anxiety / Bains, George Ann.

Bloomington, IN: AuthorHouse, 2009.

FAM BF 723 .A5 B35 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.

Freeing your child from anxiety: powerful, practical solutions to overcome your child's fears, phobias, and worries / Chansky, Tamar E.

New York: Broadway books, 2014.

FAM BF 723 .A5 C3 2014

Written by an expert in the field of childhood anxiety disorders, this indispensable 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.

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

Oakland, CA: New Harbinger, 2008.

FAM BF 723 .A5 R36 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.

If your adolescent has an anxiety disorder: an essential resource for parents / Foa, Edna B.

New York: Oxford University Press, 2006.

FAM BF 723 .A5 F63 2006

Provides professional advice as well as practical daily-advice tips from parents. Offers explanations of the four most common anxiety disorders and an in-depth look at the causes, treatment and prevention of these illnesses.

Incroyable moi maîtrise son anxiété: guide d'entraînement à la gestion de l'anxiété / Couture, Nathalie.

Québec: Éditions Midi trente, 2011.

FAM BF 723 .A5 .C68 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, dan des mots d'enfants. Pour enfants de 6 à 12 ans.

Keys to parenting your anxious child / Manassis, Katharina.

Hauppauge, NY: Barron's Educational Series, 2015.

FAM BF 723 .A5 M36 2015

An experienced child psychiatrist describes various anxiety-caused behavior patterns and advising parents on ways to help their child within the context of both family and school environments. New in this edition are discussions of topics that include early adolescents coping with growth anxiety, mid-adolescents and peer pressure, and late adolescents facing social anxieties in an environment that also includes recreational drugs.

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

FAM BF 723 .A5 D86 2012

This book helps parents support their child in recognizing and dealing with frustration which can lead to anxiety.

Master of mindfulness: how to be your own superhero in times of stress / Grossman, Laurie.

Oakland, CA: New Harbinger Publications, Inc., 2016.

FAM BF 723 .S3 G75 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.

Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school & everywhere else / Willard, Christopher.

Oakland, CA: Instant Help Books, 2014.

FAM BF 723 .A5 W55 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.

Noni is nervous / Hartt-Sussman, Heather.

Toronto: Tundra Books, 2013.

FAM BF 723 .A5 H27 2013

A unique 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.

Please explain "anxiety" to me!: simple biology and solutions for children and parents / Zelinger, Laurie E.

Ann Arbor, MI: Loving Healing Press, 2014.

FAM BF 723 .A5 Z57 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.

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.

FAM BF 723 .A5 .G52 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 et 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.

The relaxation & stress reduction workbook / Davis, Martha.

Oakland, CA: New Harbinger, 2008.

FAM BF 723 .S75 D38 2008

This workbook 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.

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

Oakland, CA: New Harbinger Publications, 2016.

FAM BF 723 .S3 S25 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.

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

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

FAM BF 723 .A5 G37 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.

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

Minneapolis, MN: Free Spirit Publishing Inc. 2005.

FAM BF 724.3 .S86 F69 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?."

Les troubles anxieux expliqués aux parents / Baron, Chantal.

Montréal: Éditions de l'Hôpital Sainte-Justine, 2001.

FAM BF 723 .A5 B37

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?

What to do when you don't want to be apart: a kid's guide to overcoming separation anxiety / Lavallee, Kristen; Schneider, Silvia; McDonnell, Janet (ill.)

Washington: Magination Press, 2017.

FAM BF 723 .A5 L28 2017

This workbook introduces kids and parents to cognitive behavioral therapy-based strategies that can help them understand and cope with any type of separation anxiety. Includes an introduction for parents and caregivers about how to most successfully use the book.

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.

FAM BF 723 .A5 F74 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.

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

Washington: Magination Press, 2006.

FAM BF 723 .A5 H83 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.

Wilma Jean the worry machine / Cook, Julia.

Chattanooga, TN: National Center for Youth Issues, 2012.

FAM BF 723 .A5 C66 2013

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.

Worry taming for teens / Garland, E. Jane.

Vancouver: British Columbia's Children's Hospital, 2002.

FAM BF 724.3 .S86 G37

A guide for teens on understanding and overcoming anxiety, panic, shyness, and other worry-related conditions. Appropriate for ages: 12-17 years.

Websites / sites internet**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

<https://cmha.ca/documents/anxiety-disorders>

Anxiety Disorders Association of Ontario

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

Anxiety Canada

<https://anxietycanada.com/>

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

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>

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

Mindshift – CBT

Free

English

Last updated March 2019

From the Anxiety Canada Association

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](#)

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 Wi-Fi connection to ensure a complete download process.

Available from [Google Play](#) and [iTunes](#)

Local contacts / Liaison régionale

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://ottawa.cmha.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

Need help right now? Text CONNECT to 686868 to chat with a volunteer Crisis Responder 24/7
Tu as besoin d'aide tout de suite? Texte PARLER au 686868

Disclaimer / avertissement

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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