

# SELF-HELP RESOURCES FOR ANXIETY

*The Anxiety and Phobia Workbook* by Edmund J. Bourne\*

*Mastery of Your Anxiety and Panic* by Craske and Barlow\*

## BOOKS

*The Relaxation and Stress Reduction Workbook*  
by Davis, Eshelman, and McKay\*



*The Shyness and Social Anxiety Workbook*  
by Anthony and Swinson\*

*Why Zebras Don't Get Ulcers* by Sapolsky\*

\*All books available through App State's Belk Library: [library.appstate.edu](http://library.appstate.edu)

For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

## SMARTPHONE APPS



For mood-tracking and learning about anxiety:

- Pacifica
- MindShift

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

*Anxiety and Depression Association of America:*  
[adaa.org](http://adaa.org)

*Anxiety, Panic, and Phobias:*  
[psychcentral.com/disorders/anxiety](http://psychcentral.com/disorders/anxiety)

## ONLINE RESOURCES



*Anxieties.com:*

Free help for a variety of anxiety-related issues  
[anxieties.com/1/free](http://anxieties.com/1/free)

*Anxiety Slayer Blog and Podcast:*  
[anxietyslayer.com](http://anxietyslayer.com)

*Get Self Help for Anxiety:*  
[getselfhelp.co.uk//anxiety.htm](http://getselfhelp.co.uk//anxiety.htm)

*Selfcompassion.org:*  
Exercises and guided meditations

**MORE SELF HELP ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

[counseling.appstate.edu](http://counseling.appstate.edu) (828) 262-3180

*Inside Out* (Disney Pixar, 2015):  
About the importance of making room for  
all of our emotions

## VIDEOS



*What About Bob?* (Touchstone, 1991):  
A comical take on anxiety and phobias

*CBT Self-Help for Anxiety*: Explains the relationship  
between thoughts, feelings and behaviors  
[youtube.com/watch?v=ib0MqcIjoO8](https://www.youtube.com/watch?v=ib0MqcIjoO8)

*Managing Stress* (Brainsmart, BBC):  
Short video about the body's response to stress  
[youtube.com/watch?v=hnpQrMqDoqE&noredirect=1](https://www.youtube.com/watch?v=hnpQrMqDoqE&noredirect=1)

Anxiety Clinic:  
(828) 262-6639  
[psychclinic.appstate.edu/anxietyclinic](https://psychclinic.appstate.edu/anxietyclinic)

## CAMPUS RESOURCES



Counseling Center: Check out our  
drop-in groups!  
(828) 262-3180

[counseling.appstate.edu](https://counseling.appstate.edu)

UREC: New Mindful Minutes classes!  
(828) 262-2100  
[urec.appstate.edu](https://urec.appstate.edu)

Wellness Center: Koru Mindfulness  
classes and retreats!  
(828) 262-3148  
[wellness.appstate.edu](https://wellness.appstate.edu)

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**  
[counseling.appstate.edu](https://counseling.appstate.edu) (828) 262-3180

This handout includes resources from:  
Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.