SELF-HELP RESOURCES FOR

ANXIETY

BOOKS

- ☐ *The Anxiety and Phobia Workbook* by Edmund J. Bourne*
- ☐ *Mastery of Your Anxiety and Panic* by Craske and Barlow*
- ☐ *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*

SMARTPHONE APPS

For mindfulness and relaxation:

- ☐ • Calm
- ☐ • Breathe2Relax
- ☐ • Headspace
- ☐ • Insight Timer

For mood-tracking and learning about anxiety:

- ☐ • Pacifica
- ☐ • MindShift

For coping and reducing self-harm:

- ☐ • Calm Harm
- ☐ • Virtual Hope Box

ONLINE RESOURCES

- ☐ *Anxiety and Depression Association of America:* adaa.org
- ☐ *Anxiety, Panic, and Phobias:* psychcentral.com/disorders/anxiety
- ☐ *Anxieties.com:* Free help for a variety of anxiety-related issues anxieties.com/1/free
- ☐ *Anxiety Slayer Blog and Podcast:* anxietyslayer.com
- ☐ *Get Self Help for Anxiety:* getselfhelp.co.uk//anxiety.htm
- ☐ *Selfcompassion.org:* Exercises and guided meditations

MORE SELF HELP ON THE BACK

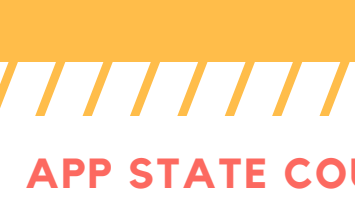
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VIDEOS

- ☐ *Inside Out* (Disney Pixar, 2015):
  About the importance of making room for all of our emotions
- ☐ *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=ib0Mqc1joO8
- ☐ *Managing Stress* (Brainsmart, BBC):
  Short video about the body's response to stress
  youtube.com/watch?v=hnpQrMqDoqE&noredirect=1

CAMPUS RESOURCES



- ☐ Anxiety Clinic:
  (828) 262-6639
  psychclinic.appstate.edu/anxietyclinic
- ☐ Counseling Center
  (828) 262-3180
  counseling.appstate.edu
- ☐ UREC: New Mindful Minutes classes!
  (828) 262-2100
  urec.appstate.edu
- ☐ Wellness Center: Koru Mindfulness classes and retreats!
  (828) 262-3148
  wellness.appstate.edu

MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes resources from:
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