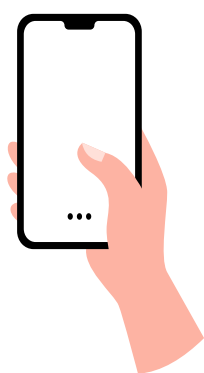


Resource Bank for **ANXIETY**

Please access each resource by clicking links!

Apps

- [WellTrackBoost](#)
- [Tappy: Self Care Fidgeter](#)
- [Finch: Self Care Widget](#)
- [Mindshift CBT - Anxiety Relief](#)
- [Ten Percent Happier Meditation](#)
- [I Am - Daily Affirmations widget](#)
- [Daily Bean: Similar to Finch](#)
- [Insight Timer](#)
- [Calm](#)
- [Exhale - Designed for BIWOC](#)
- [Headspace](#)
- [TheDareResponse](#)
- [Mindfulness Coach](#)
- [Breathe2Relax](#)
- [Liberate - For BIPOC and/or 2LGBTQ+](#)
- [Shine - For BIPOC and/or 2LGBTQ+](#)



Helpful Handouts

- [Coping With Anxiety](#)
- [Grounding Techniques](#)
- [Distress Tolerance](#)
- [30 Days of Self-Care Plan](#)
- [Challenging Anxious Thoughts](#)
- [Catastrophizing Thought Phases](#)

Books and Podcasts

- [The Happiness Lab Podcast](#)
- [Gifts of Imperfection](#) by Brene Brown
- [The Set Boundaries Workbook](#) by Nedra Glover Tawwab
- [Calmer You Podcast](#)
- [The Anxiety Guy Podcast](#)
- [Not Another Anxiety Show Podcast](#)



Websites & Videos

- [How to Reduce Anxiety](#)
- [Meditation for Anxiety](#)
- [How to Cope with Anxiety: 13 Simple Tips](#)
- [Tips and Strategies to Manage Anxiety and Stress](#)
- Youtube: [Fight Flight Freeze – Anxiety Explained For Teens](#)
- Youtube: [Quick Access Anxiety Toolbox](#)

Campus Resources

- [Rich Mountain Meditation Room](#) - Weekdays 7:30am-5pm
- [Koru Mindfulness](#) - Wellness and Prevention Services
- [Let's Talk](#)- Counseling and Psychological Services
- [Group therapy](#) - Counseling and Psychological Services: Understanding Self and Others, Quick Access Anxiety Toolbox

Social Media

Instagram

- [@anxietyhealer](#)
- [@doodledwellness](#)
- [@ablackfemaletherapist](#)
- [@anxiety_wellbeing](#)
- [@selfcareisforeveryone](#)
- [@Sunnybloominspiration](#)
- [@dearmyanxiety](#)



List Your Own!

Interested in learning more? **Counseling Center Services**

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu
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