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
- IAm - 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

- @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.

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