

Resources for Anxiety in Children and Teens

Books for parents

Title and author(s)	Description
<p>Helping Your Anxious Child: A Step-by-Step Guide for Parents (3rd edition) by Ronald Rapee, Ph.D., et al.</p>	<p>A cognitive behavioral therapy (CBT)-based self-help guide for parents to help their children manage their anxiety.</p> <ul style="list-style-type: none"> • Includes workbook • Recommended for ages 7 and above • Cost: \$18.95
<p>Worried No More: Help and Hope for Anxious Children (2nd Edition) by Aureen Wagner, Ph.D.</p>	<p>Step-by-step CBT-based guidance on helping children deal with worry, avoiding school, separation anxiety, extreme shyness, panic, disasters and tragedies, phobias (specific fears), obsessions (troubling thoughts), and compulsions (strong urges to do something).</p> <ul style="list-style-type: none"> • Recommended for parents with children of all ages • Cost: \$17.50
<p>Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky, Ph.D.</p>	<p>Helps parents identify anxiety in children and teaches children techniques to build emotional toughness to deal with their stress and anxiety.</p> <ul style="list-style-type: none"> • Recommended for all ages • Cost: \$15

Title and author(s)	Description
<p>Parenting Your Anxious Child with Mindfulness and Practice: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy by Christopher McCurry, Ph.D.</p>	<p>Helps parents learn about how to teach skills to children, including mindfulness approaches to anxiety and understanding anxiety related to values and goals.</p> <ul style="list-style-type: none"> • Recommended for parents with children of all ages • Cost: \$14
<p>The Anxiety Skills Simple CBT and Mindfulness Strategies for Overcoming Anxiety, Fear, and Worry by Stefan Hoffmann, Ph.D. & Judith Beck, Ph.D.</p>	<p>A valuable resource for parents on managing anxiety with information that they can share with their children.</p> <ul style="list-style-type: none"> • Includes workbook • Cost: Free (search: “anxiety skills workbook pdf” on Google)

Books for children (8-11 years)

Title and author(s)	Description
<p>What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety by Dawn Huebner, PhD</p>	<p>An interactive self-help book that helps kids to overcome their worries by making ideas and strategies easy to understand.</p> <ul style="list-style-type: none"> • Includes workbook • Recommended for children ages 6-12 • Also available in Spanish • Cost: \$16.99

Title and author(s)	Description
<p>The Anxiety Workbook for Girls by Erin A. Munroe, LMHC</p>	<p>Helps young girls figure out the source of their worries and teaches effective strategies to deal with them.</p> <ul style="list-style-type: none"> • Recommended for children ages 9-12 • Cost: \$17.95
<p>Wilma Jean the Worry Machine by Julia Cook, MS</p>	<p>Teaches kids the tools they need to feel in control of their anxiety.</p> <ul style="list-style-type: none"> • Recommended for elementary age children and good for all ages • Also available in Spanish • Cost: \$10.95
<p>David and the Worry Beast: Helping Children Cope with Anxiety by Ann Marie Guanci, MS</p>	<p>This story is about facing fears and not avoiding them, and teaches children about the importance of dealing with anxiety.</p> <ul style="list-style-type: none"> • Recommended for children ages 4-9 • Cost: \$8.95
<p>Please Explain "Anxiety" to Me!: Simple Biology and Solutions for Children and Parents by Laura Zelinger, PhD & Jordan Zelinger, PsyD</p>	<p>Explains anxiety using examples and provides information on how anxiety works in our brains and bodies.</p> <ul style="list-style-type: none"> • Recommended for children in middle to late elementary school • Cost: \$17.95

Books for teens (12-18 years)

Title and author(s)	Description
<p>My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic by Michael A. Tompkins PhD & Katherine A. Martinez PsyD</p>	<p>Helps teens learn about the ways they can deal with their anxiety and feel a sense of power and control in the process.</p> <ul style="list-style-type: none"> • Cost: \$16.99
<p>The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help You Deal with Anxiety and Worry by Michael A. Tompkins, PhD, & Jonathan R. Barkin, PsyD</p>	<p>Helps teens identify the causes of their stress and create a plan for themselves for managing it.</p> <ul style="list-style-type: none"> • Cost: \$17.95
<p>The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety by Jamie Micco, PhD</p>	<p>Provides exercises that help teens get out of a cycle of feeling worried and manage their fears in a healthy way.</p> <ul style="list-style-type: none"> • Cost: \$18.95
<p>The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon, LMFT</p>	<p>Focuses on teens recognizing their “monkey mind” (the part of their brain where anxious thoughts start) so they can manage their worries and fears.</p> <ul style="list-style-type: none"> • Cost: \$18.95

Title and author(s)	Description
<p>The Mindfulness & Acceptance Workbook for Teen Anxiety by Sheri L. Turrell, PhD, et al.</p>	<p>Focuses on teaching ways that teens can recognize their anxiety, use mindfulness to stay in the present moment, and connect to their values.</p> <ul style="list-style-type: none"> • Cost: \$17.95

Additional resources can be found on these websites:

- Coping Cat website: copingcatparents.com
- University of Michigan Health/C.S. Mott Children’s Hospital “Anxiety in Children and Teens” parent resource website:
www.mottchildren.org/posts/your-child/anxiety-children-teens
- CDC site for depression and anxiety:
www.cdc.gov/childrensmentalhealth/depression.html

Recommended apps:

- Daylio: includes a journal, diary, and mood tracker (free with the option for in-app purchases)
- BellyBio: instructions for interactive breathing (free with the option for in-app purchases)
- Headspace: helps with meditation and sleep (you can try it free for a short time, and after that it costs \$69.99 per year)

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