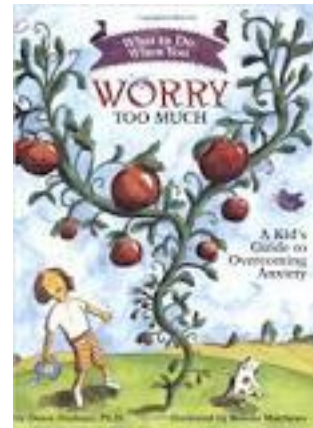


## BOOKS ON ANXIETY IN THE GAGLARDI LIBRARY:

**What to Do When You Worry Too Much** is an interactive self-help book designed to guide 6-12 year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. There are nine chapters with activities and worksheets.



### **The Huge Bag of Worries**

Wherever Jenny goes, her worries follow her - in a big blue bag! They are there when she goes swimming, when she watches TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can she get to help her?

**Wilma Jean the Worry Machine** - Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked.

Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability.



This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather) a worry hat is introduced. A fun read for Wilmas of all ages.

## ONLINE RESOURCES ON ANXIETY:

**Anxiety Canada** is an amazing resource: <https://www.anxietycanada.com/>

- Helping your Child Cope with Back to School Anxiety - How to Deal with Back-to-School Worries
- Making Sleep Count - Facts, behaviours that help with sleep, things that interfere with sleep, and ideas for helpful self-talk around slumber
- My Anxiety Plan for Children - A free online anxiety management toolkit and step-by-step guide for parents of children with anxiety
- Mindshift App