

Resources on Anxiety

Books

- *Anxious Kids, Anxious Parents* by Reid Wilson, Ph.D. & Lynn Lyons, LICSW
- *Playing with Anxiety: Casey's Guide for Teens and Kids* by Reid Wilson, Ph.D. & Lynn Lyons, LICSW
- *The Keys to Unlocking Depression* – Michael Yapko
- *The Anxiety Workbook for Teens* by Lisa M. Schab, LCSW
- *Don't Let Emotions Run Your Life for Teens* by Sheri Van Dijk, MSW
- *Who Moved My Cheese?* By Spencer Johnson, M.D.
- *The Whole Brain Child* by Daniel Siegel, M.D.
- *The Explosive Child* by Ross Greene, Ph.D.
- *Lost at School* by Ross Greene, Ph.D.

Videos

- [Michael Yapko on Depression](#)
- [Dr. Reid Wilson on Anxiety](#)

Websites & Other Resources

- Lynn's Website – lynnlyons.com
- Lynn's Podcast – Flusterclux – flusterclux.com
- Child Mind Institute – www.childmind.org
- National Suicide Prevention Lifeline – 1-800-273-8255
- WorryWiseKids – www.worrywisekids.org
- Calm App – www.calm.com
- Headspace App – www.headspace.com