

RESOURCES FOR ANXIETY IN CHILDREN

THE BASICS:

Eat a healthy, balanced diet. Do not skip meals, especially breakfast. Minimize processed foods.

Exercise. Aim for 60 minutes five times/week.

Optimize sleep. Turn off all screens at least one hour before bedtime. There should be no screens in the bedroom. Avoid caffeine at least four hours before bedtime. Establish a consistent, calm bedtime routine.

Consider a Vitamin D supplement and/or a fish oil/Omega-3 supplement.

Try to spend some time outdoors/in nature every day.

BOOKS FOR CHILDREN:

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety - Huebner

When My Worries Get Too Big - Buron

The Relaxation & Stress Reduction Workbook for Kids - Sprague

BOOKS FOR PARENTS:

Helping Your Anxious Child: A Step-by-Step Guide for Parents - Rapee, etal

Help for Worried Kids: How Your Child Can Conquer Anxiety & Fear - Last

Freeing Your Child from Anxiety - Chansky

Calming Your Anxious Child - Trainor

Overcoming School Anxiety - Mayer

Helping Your Child Overcome Separation Anxiety or School Refusal - Eisen & Engler

APPS:

Headspace (Kids programming available)

Stop, Breathe, and Think (Kids programming available - Breathe Kids)

Calm

RELAXATION TECHNIQUES:

4-7-8 breathing technique

3-Part yoga breath

Progressive relaxation

Cosmic Kids Yoga - www.cosmickids.com

Listen to quiet music or a book on tape

Write or draw in a journal. Create a gratitude journal.

Coloring books

WEBSITES:

Mental Health America: mentalhealthamerica.net

Mental Health America of Franklin County: mhafc.org

American Academy of Child & Adolescent Psychiatry: aacap.org

The REACH Institute: glad-pc.org

National Alliance on Mental Illness: nami.org

HERBAL REMEDIES:

Calming herbs such as chamomile, lemon balm, passionflower, and valerian can help promote sleep, relaxation, and reduced stress

Lavender and neroli used as aromatherapy may help ease anxiety

Decaffeinated green tea may promote calmness