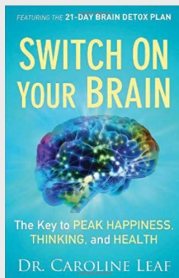


MANAGING FEAR AND ANXIETY

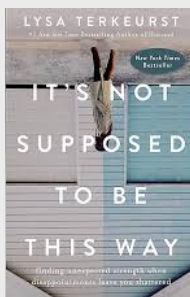
Resources | Tools | Coping Skills

READING LIST

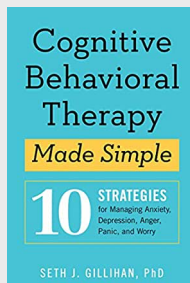
Switch on Your Brain
Dr. Caroline Leaf



It's Not Supposed to
be This Way
Lysa TerKeurst



Cognitive Behavioral
Therapy Made Simple
Seth Gillihan, Ph.D



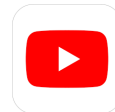
TIPS AND STRATEGIES

- ➔ [Gratitude Journal](#)
- ➔ [Family Gratitude Jar](#)
- ➔ [Family Mindfulness](#)
- ➔ [Teen Anxiety Workshop](#)
- ➔ [Grounding Techniques](#)
- ➔ [Self Care Assessment](#)
- ➔ [Self Care Plan](#)
- ➔ [Cognitive Distortions](#)

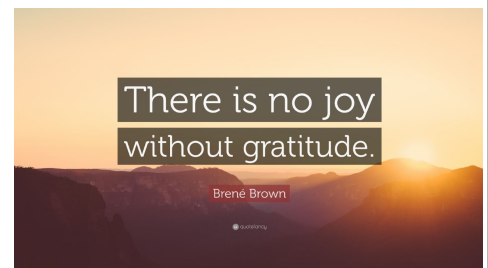
WATCH THIS!



[Joy and Gratitude](#)
[Brene Brown](#)



[Relax and Breathe](#)
[Meditation Video](#)



PHONE APPS



Switch
21 Day Brain Detox Program



Abide
Christian Meditation



Simple Habit
Calming Anxiety in 5 Minutes



Calm
Meditation and Sleep Stories



Headspace
Stress Less and Relaxing Sounds

Counseling Information

Family Concern Counseling (209) 522-9568 x118

