

Anxiety Selected Resources

A note from Dr. Barbara Howard and Dr. Raymond Sturner, founders of CHADIS

The pandemic has parents worried and children also. While the hygiene and public health measures are what needs to be done and provides some sense of security, anxiety may still become a problem. Below are some helpful resources.

1. Mindfulness aids for parents and children:

Headspace - This is mostly a paid app beyond just a few basics. [Some expanded content is free, for now.](#)

Another one is **Calm** which also has a free trial and then a cost.

Parents may want to use a "mindfulness jar" with their children which they may have in the form of a glitter jar or can make one as described [here](#).

2. Book and website about anxiety - This is actually my favorite book for parents about anxiety as it has practical suggestions:

[Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by T. Chansky](#)

A website with good parent education about anxiety: [Worry Wise Kids](#)

3. Article on Talking with Children about COVID – Review [this helpful article](#).