

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Anxiety

Material Title: **Accessing the Healing Power of the Vagus Nerve; Self-Help Exercises for Anxiety, Depression, Trauma, and Autism**

Author: Stanley Rosenberg *Books* 12/05/2017 296

This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve.

Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

Material Title: **Breathe Like a Bear; 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere**

Author: Kira Willey *Children's Books* 12/5/2017 84

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school.

Material Title: **Creating Compassionate Kids: Essential Conversations to Have with Young Children**

Author: Shauna Tominey *Books* 2019 256

If you had to choose one word to describe the world you want children to grow up in, what would it be?

Safe? Understanding? Resilient? Compassionate?

As parents and caregivers of young children, we know what we want for our children, but not always how to get there. Many children today are stressed by academic demands, anxious about relationships at school, confused by messages they hear in the media, and overwhelmed by challenges at home. Young children look to the adults in their lives for everything. Sometimes we're prepared... sometimes we're not.

In this book, Shauna Tominey guides parents and caregivers through how to have conversations with young children about a range of topics—from what makes us who we are (e.g., race, gender) to tackling challenges (e.g., peer pressure, divorce, stress) to showing compassion (e.g., making friends, recognizing privilege, being a helper). Talking through these topics in an age-appropriate manner—rather than telling children they are too young to understand—helps children recognize how they feel and how they fit in with the world around them. This book provides sample conversations, discussion prompts, storybook recommendations, and family activities. Dr. Tominey's research-based strategies and practical advice creates dialogues that teach self-esteem, resilience, and empathy: the building blocks for a more compassionate world.

Material Title: **Don't Feed the Worry Bug**

Author: Andi Green *Children's Books* 2011 76

Meet Wince, The Monster of Worry, and his number one nemesis, the WorryBug! In this engaging follow-up to *The Monster Who Couldn't Decide*, Andi Green has created a whimsical adventure that brings another emotion to life. Join Wince as he discovers the secret to keeping his worries from getting monstrous. Using unique drawings and clever rhymes, *Don't Feed The WorryBug* carries an insightful message that readers of all ages will enjoy. Look for the new *Don't Feed The WorryBug APP!*

Anxiety

Material Title: **Fighting Invisible Tigers: A Stress Management Guide for Teens**

Author: Earl Hipp

Books

2019

136 pages

Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors.

Now in its fourth edition, the revised and updated *Fighting Invisible Tigers* teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn:

- smart approaches to handle decision-making
- easy steps toward greater assertiveness
- relaxation and mindfulness exercises to focus their minds
- time management skills to avoid feeling pressured
- how to avoid online drama
- positive self-talk techniques
- and more!

Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

Material Title: **Find Your Calm: A Mindful Approach to Relieve Anxiety and Grow Your Bravery**

Author: Gabi Garcia

Children's Books

2020

17 pages

"Anxiety can feel big and powerful. It can show up suddenly, without warning."

For many kids, it can be overwhelming.

Anxiety is not just a cognitive experience. When children feel anxious, their bodies respond physically to a perceived threat. They need to feel a sense of safety before being able to figure out what to do next.

Your child can follow along as the young narrator practices what helps her so that the anxiety doesn't take over.

Find Your Calm is a wonderfully accessible book that teaches children how to tap into their sense of safety when anxiety sends a false alarm, so they can find their calm. Includes simple activities for them to practice.

Material Title: **Freeing your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness**

Author: Tamar Ellsas Chansky

Books

2008

336

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

Material Title: **Guts**

Author: Raina Telgemeier

Children's Books

2019

224

Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?

Raina Telgemeier once again brings us a thoughtful, charming, and funny true story about growing up and gathering the courage to face -- and conquer -- her fears.

Anxiety

Material Title: **Hector's Favorite Place**
Author: Jo Rooks *Children's Books* 2018 32

Hector loves his home. It was his favorite place to be.
At home, there was always...so much to do.
Hector loved his home so much that he didn't often go out.
Home was cozy and snuggly and safe.

Hector loves his home so much that he doesn't often go out, and it starts to affect his friendships. Soon Hector realizes that his worries are keeping him from enjoying himself, so he needs to learn to be brave and try new things.

Can Hector find the courage to break out of his comfort zone?

Included is a Note to Parents, Caregivers, and Professionals by Julia Martin Burch, PhD, that discusses helping children overcome their worries and break out of their comfort zones.

Material Title: **Help Your Dragon Deal With Anxiety**
Author: Steve Herman *Children's Books* 2018

Material Title: **Help! I've Got an Alarm Bell Going Off in My Head!: How Panic, Anxiety, and Stress Affect Your Body**
Author: K.L. Aspden *Children's Books* 11/15/2015 48

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy.

Designed for ages 9+, the book aims to teach children who suffer from anxiety, stress or anger about the fight, flight or freeze response in their bodies and what can trigger it, and helps them to understand that it is something that everyone experiences. It also includes ways to manage the stress reaction and reduce feelings of shame. It is an invaluable resource for anyone supporting children who are easily triggered into anxiety or anger, including parents and carers, support workers, teachers, and therapists.

Material Title: **Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life**
Author: K.L. Aspden *Children's Books* 03/21/2019 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

Material Title: **Hey awesome; a book for kids about anxiety, courage, and being already awesome**
Author: Karen Young *Children's Books* 2018

If kids with anxiety could see their strengths, they would feel so much bigger than their anxiety. They would feel bigger than everything - as though a tiny, tip-toed stretch could have them touching the top of the world from where they are. This book is a reminder for all kids that everything they need to be brave, strong and brilliant is already in them.

Material Title: **Hey Warrior; A Book for Kids About Anxiety**
Author: Karen Young *Children's Books* 2018 32

A book for kids about anxiety. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around. Anxiety explained, kids empowered.

Anxiety

Material Title: **Home at Last**
Author: Vera B Williams *Children's Books* 2016 40

After Lester is adopted by Daddy Albert and Daddy Rich, he develops a big problem—he can't fall asleep. Night after night he creeps into his parents' room and attempts to crawl in between his two daddies, confident that if he's with them and their dog, Wincka, nothing bad will happen to him ever again. But every night, Lester's new dads walk him back to his own room, hoping that eventually Lester will get used to the new house and his new family and feel as though he belongs. They buy him a bike and take him for ice cream. They make cocoa and introduce him to his cousins. But no matter how happy Lester seems during the day, he still gets scared and worried at night! It's the sweet dog Wincka who finally solves the problem when she climbs into Lester's bed and promptly falls asleep, serving as both his pillow and his protector. Lester feels home at last.

Material Title: **How Big Are Your Worries Little Bear?: A book to help children manage and overcome anxiety, anxious thoughts, stress, and fearful situations**
Author: Jayneen Sanders *Children's Books* 2017 33

Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging and beautifully illustrated story, children will learn that everyday worries and fears can be overcome. It just takes a willingness to share with a helpful listener, and an understanding that making mistakes is how we learn. Also included are Discussion Questions for parents, caregivers and educators, and extra hints to help children manage anxiety.

Material Title: **Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children; Designed to Improve Sleep, Manage Stress and Anxiety**
Author: Lori Lite *CDs* 2004 60 minutes

Indigo Dreams is a 60 minute CD/audio book designed to entertain your children while introducing them to four research-based relaxation and stress management techniques. Children follow their friends along as they learn to fall asleep peacefully with The Goodnight Caterpillar, breathe calmly with A Boy and a Bear, build self-esteem with The Affirmation Web, and visualize with A Boy and a Turtle.

5 tracks:

1. The Affirmation Web
2. A Boy and a Bear
3. A Boy and a Turtle
4. The Goodnight Caterpillar
5. Indigo Dreams Soundtrack

Material Title: **It's Raining and I'm Okay; A Calming Story to Help Children Relax When They Go Out and About**
Author: Adele Devine *Children's Books* 08/21/2017 40

This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired at the end of a long day. Particularly suited to children with special needs and learning differences, including autism, symbols on each page help pre-readers begin to recognise words. With bright illustrations, and accompanying notes, lesson plans and worksheets available to download, this book can be used to help children think about situations they find tricky and better cope with feelings of anxiety.

Material Title: **Katie Careful and the Very Sad Smile; A Story about Anxious and Clingy Behavior**
Author: Sarah Naish *Children's Books* 09/21/2017 34

Katie Careful has just moved in with her siblings and their new parents. Even if she's sad or scared, she smiles and smiles to try and hide her wobbly feelings.

She clings on to her Mum's leg and won't let go and she even follows her to the toilet, banging on the door to remind her that she's there. Luckily, her Mum understands why Katie acts this way.

Anxiety

Material Title: **Mindful Dragon, The**

Author: Steve Herman

Children's Books

2018

48

Having a pet dragon is very fun.

You can teach your dragon to sit, stand, roll over, and you can even potty train him...

But what if your dragon is worried about so many things?

He worries about the past, and about the future....

What do you do?

You teach him about mindfulness - You teach him to be mindful!

How do you do it?

Get this book now and find out how!

Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids about mindfulness.

A must have book for children and parents to teach kids the importance of mindfulness, focus and peace.

Get this book now and enjoy!

Material Title: **Morris and the Bundle of Worries**

Author: Jill Seeney

Children's Books

2007

Morris the mole finds out that talking about his problems, and facing his worries with the aid of others, is more helpful than hiding his fears.

Material Title: **My Anxiety Handbook; Getting Back on Track**

Author: Sue Knowles

Children's Books

2018

192

Helping young people with anxiety learn to recognise and manage their symptoms, this anxiety survival guide teaches 12 to 18 year olds how they can overcome their biggest worries.

Showing that anxiety is a normal human emotion that many people face, this book helps young people understand the ins and outs of their own anxiety and helps them to challenge the difficult patterns they may get into. Co-written with a college student who has experienced anxiety herself, it is a relatable and straightforward guide. As well as providing tried-and-tested advice and exercises that are proven to reduce feelings of anxiety, it includes recovery stories from young people who have managed their symptoms successfully.

With practical chapters on sleep, exam stress, transitions, and seeking extra help, this is a go-to guide for any tween, teen or young person living with anxiety.

Material Title: **Opposite of Worry, The: The Playful Parenting Approach to Childhood Anxieties and Fears**

Author: Lawrence J. Cohen

Books

September 10, 280 pages

Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents

- start from a place of warmth, compassion, and understanding
- teach children the basics of the body's "security system": alert, alarm, assessment, and all clear.
- promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear
- find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale
- tackle their own anxieties so they can stay calm when a child is distressed
- bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing

With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy.

Anxiety

Material Title: **Orchid and the Dandelion, The; Why Some Children Struggle and How All Can Thrive**
Author: W. Thomas Boyce *Books* 1/29/2019 304

A book that offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children.

In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children.

Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-development research for almost four decades, and explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety, attention deficit hyperactivity disorder, and antisocial, sociopathic, or violent behaviors. But rather than seeing this "risk" gene as a liability, Boyce, through his daring research, has recast the way we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before but far exceed their peers. Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

Material Title: **Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy**
Author: Christopher McCurry, PhD *Books* 2009 248

We live in a chaotic and often unpredictable world, so it's only natural for you and your child to have anxieties. But seeing your child cry, cling to you, or even use aggression to avoid his or her own fears and worries may cause you to worry even more, trapping both of you in a cycle of anxiety and fear.

You can interrupt this cycle with the proven-effective mindfulness and acceptance skills taught in this book. Drawn from acceptance and commitment therapy, *Parenting Your Anxious Child with Mindfulness and Acceptance* offers a new way to think about your child's anxiety, as well as a set of techniques used by child psychologists to help children as young as four let go of anxious feelings and focus instead on relationships with friends, learning new things in school, and having fun. You'll learn these techniques, use them when you feel anxious, and teach them to your child. With practice, you both will let go of anxious feelings and your child will find the confidence to enjoy being a kid.

Material Title: **Pocket Guide to The Polyvagal Theory, The: The Transformative Power of Feeling Safe**
Author: Stephen Porges *Books* 2017 244 pages

Bridging the gap between research, science, and the therapy room.

When *The Polyvagal Theory* was published in 2011, it took the therapeutic world by storm, bringing Stephen Porges's insights about the autonomic nervous system to a clinical audience interested in understanding trauma, anxiety, depression and other mental health issues. The book made accessible to clinicians and other professionals a polyvagal perspective that provided new concepts and insights for understanding human behavior. The perspective placed an emphasis on the important link between psychological experiences and physical manifestations in the body. That book was brilliant but also quite challenging to read for some.

Since publication of that book, Stephen Porges has been urged to make these ideas more accessible and *The Pocket Guide to the Polyvagal Theory* is the result. Constructs and concepts embedded in polyvagal theory are explained conversationally in *The Pocket Guide* and there is an introductory chapter which discusses the science and the scientific culture in which polyvagal theory was originally developed. Publication of this work enables Stephen Porges to expand the meaning and clinical relevance of this groundbreaking theory.

Anxiety

Material Title: **Power of Relaxation, The: Using Tai Chi and Visualization to Reduce Children's Stress**
Author: Patrice Olympius Thomas *Books* 10/1/2003 128 pages

"As someone who has been involved in promoting health-enhancing environments for 30 years, I encourage everyone who works with children to read this accessible, useful, and inspiring book."—John Macdonald, Foundation Chair—Primary Health Care, University of Western Sydney (Australia)

Throughout the world, the ease and effectiveness of practicing tai chi exercises has redefined the way many adults combat the anxiety and stress in their everyday lives. Now the same principles practiced at the gym or in the home can be used in the early childhood classroom—giving children, and the adults who care for them, a soothing and enjoyable way to redirect the stresses that can adversely affect physical, mental, and emotional health.

Through a combination of gentle exercises (based on tai chi and yoga) and progressive relaxation and visualization techniques, *The Power of Relaxation* offers early childhood teachers inventive ways to help young children "de-stress."

Unlike any other resource for young children, *The Power of Relaxation* contains five detailed chapters that lead teachers through specific methods of stress management—from gentle movement exercises that promote strength, flexibility, suppleness, coordination, and good posture to relaxation and visualization techniques that enhance children's abilities to develop imaginative, creative, and artistic habits—all in a relaxing and noncompetitive environment that children of all ages can enjoy.

Material Title: **Ramón Preocupón**
Author: Anthony Browne *Libros en español* 2006

Ramón es un niño preocupón que se angustia a causa de los zapatos, las nubes, la lluvia, los pájaros gigantes. Después de pasar una difícil noche en casa de su abuela, ésta le da la receta para deshacerse de sus preocupaciones. A partir de entonces, Ramón las dejará a un lado.

Ramón is a worried child who is distressed by shoes, clouds, rain, giant birds. After spending a difficult night at her grandmother's house, she is given the recipe to get rid of her worries. From then on, Ramón will leave them aside.

Material Title: **Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse and Neglect**
Author: Richard Kagan *Books* 2004 374 pages

Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them. Author Dr. Richard Kagan, Director of Psychological Services for Parsons Child and Family Center in Albany, New York, presents comprehensive information on how to understand—and surmount—the impact of loss, neglect, separation, and violence on children's development, how to discover and foster strengths in children and their families, and how to rebuild connections and hope for children who are at risk of harm to themselves and others. This unique book is designed to be used in tandem with *Real Life Heroes: A Life Storybook for Children* (Haworth), an innovative workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride.

Rebuilding Attachments with Traumatized Children helps children move from negative or suppressed memories to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives. Practitioners can use the book as a framework and detailed guide to assessment, engagement, development of service plans, and implementation of attachment and trauma therapy. The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated.

Topics examined in *Rebuilding Attachments with Traumatized Children* include:

- attachment theory and research
- types of attachment problems
- PTSD behaviors
- permanency work with children in placement
- ADHD, bipolar, and RAD
- cognitive behavioral therapies
- storytelling therapies
- the myth of perfection
- neuropsychological patterns
- and much more!

Rebuilding Attachments with Traumatized Children is a rich resource for practitioners, academics, parents, adoptive parents, foster parents, grandparents, and anyone working to show troubled children how to learn from the past, resolve problems in the present, and build a better future.

Anxiety

Material Title: **Silly Billy**
Author: Anthony Browne *Children's Books* 2007 32

Billy is a bit of a worrier. He worries about hats and shoes. He worries about clouds and rain and giant birds. Most of all, he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries...until a visit to his grandma's shows him how to overcome his fears with the aid of his imagination - and some tiny worry dolls.

Material Title: **Sleep Problems (DVD)**
Author: Foster Parent Library *Audiotapes*

When a child has a sleep problem, a parent has a sleep problem too. In this course, Dr. Richard Delaney examines four types of sleep problems in children: fears about sleeping alone, frequent waking and roaming, nightmares and night terrors, and sleep problems and depression. He gives parents insights into the possible reasons for their child's problem behavior, and follows up with some practical and immediate steps they can take to deal with their child's particular type of problem behavior.

At the end of this course, you will be able to:

- identify four types of sleep problems in children
- describe the difference between nightmares and night terrors
- state when to seek professional/medical help for a child with sleep problems
- describe the warning signs of depression in children
- list general guidelines that can help a child with sleep problems

Material Title: **Stanley will Probably be Fine**
Author: Sally Pla *Children's Books* 2018 288

A New York Public Library Best Kids Book of 2018 * A Kirkus Best Book of 2018 * A Bank Street Best Children's Book of 2019

This funny and moving second novel from the author of *The Someday Birds* features comic trivia, a safety superhero, and a super-cool scavenger hunt all over downtown San Diego, as our young hero Stanley Fortinbras grapples with his anxiety—and learns what, exactly, it means to be brave.

Nobody knows comics trivia like Stanley knows comics trivia.

It's what he takes comfort in when the world around him gets to be too much. And after he faints during a safety assembly, Stanley takes his love of comics up a level by inventing his own imaginary superhero, named John Lockdown, to help him through.

Help is what he needs, because Stanley's entered Trivia Quest—a giant comics-trivia treasure hunt—to prove he can tackle his worries, score VIP passes to Comic Fest, and win back his ex-best friend. Partnered with his fearless new neighbor Liberty, Stanley faces his most epic, overwhelming, challenging day ever.

What would John Lockdown do?

Stanley's about to find out.

Material Title: **Stuff That Sucks; A Teen's Guide to Accepting What You Can't Change and Committing to What You Can**
Author: Ben Sedley *Children's Books* 2017 96

If you struggle with negative thoughts and emotions, you should know that your pain is real. No one should try to diminish it. Sometimes stuff really does suck and we have to acknowledge it. Worry, sadness, loneliness, anger, and shame are big and important, but they can also get in the way of what really matters. What if, instead of fighting your pain, you realized what really matters to you—and put those things first in life? If you did that, maybe your pain wouldn't feel so big anymore. Isn't it worth a try?

Stuff That Sucks offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each day with the stuff that matters will ultimately transform the stuff that sucks into stuff that is just stuff. Make sense?

Maybe you want to be more creative? Or maybe you simply want to do better in school or be a better friend? This book will show you how to focus on what you really care about, so that all that other sucky stuff doesn't seem so, well, sucky anymore.

Anxiety

Material Title: **Super Coach Arty vs. The Shadow; Taking the Fear out of Failure**
Author: Lorraine Thomas *Children's Books* 07/05/2018 64

School can be a difficult and stressful place for a child, and sometimes they just need a little bit of help to manage it all. That's where Arty comes in. He's an inner coach, here to help each child achieve their very best.

Offering children a creative way of helping to manage their own worries, Arty will help show children that they're not alone in their struggles and that they always have choices, even when stuff happens that they don't like. With practical guidance for parents and teachers on how to use the book and specific coaching activities, it is perfect for children aged 8-12, especially those who have a fear of failure.

Material Title: **Tanya and the Tobo Man = Tanya y el Hombre Tobo: A Story in English and Spanish for Children entering Therapy**
Author: Lesley Koplou *Children's Books* 1991 32

Tanya's continuing fear of the Tobo Man leads her mother to start her in therapy at a children's mental health center

Material Title: **Toxic Stress and the Developing Brain (CD)**
Author: Robyn Gobbel *CDs* 1hr 38min

Toxic Stress & the Developing Brain will provide you with a nice theoretical foundation to the impact of toxic stress on the brain.

Material Title: **Toxic Stress and the Developing Brain (DVD)**
Author: Robyn Gobbel *DVDs* 1hr 38min

Material Title: **Turtles All the Way Down**
Author: John Green *Books* 2019 320

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts as a teen living with Obsessive Compulsive Disorder.

Material Title: **Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls**
Author: Lisa Damour, PhD *Books* 2019 288

Though anxiety has risen among young people overall, studies confirm that it has skyrocketed in girls. Research finds that the number of girls who said that they often felt nervous, worried, or fearful jumped 55 percent from 2009 to 2014, while the comparable number for adolescent boys has remained unchanged. As a clinical psychologist who specializes in working with girls, Lisa Damour, Ph.D., has witnessed this rising tide of stress and anxiety in her own research, in private practice, and in the all-girls' school where she consults. She knew this had to be the topic of her new book.

In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, *Untangled*, Damour starts by addressing the facts about psychological pressure. She explains the surprising and underappreciated value of stress and anxiety: that stress can helpfully stretch us beyond our comfort zones, and anxiety can play a key role in keeping girls safe. When we emphasize the benefits of stress and anxiety, we can help our daughters take them in stride.

But no parents want their daughter to suffer from emotional overload, so Damour then turns to the many facets of girls' lives where tension takes hold: their interactions at home, pressures at school, social anxiety among other girls and among boys, and their lives online. As readers move through the layers of girls' lives, they'll learn about the critical steps that adults can take to shield their daughters from the toxic pressures to which our culture—including we, as parents—subjects girls.

Material Title: **What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep**
Author: Dawn Huebner *Children's Books* 2008 96

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom?

Bedtime is tough for many kids. If you're a kid who dreads your bed, and you're convinced that nothing short of magic will make nighttime easier, this book is for you.

What to Do When You Dread Your Bed guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep — like magic!

Anxiety

Material Title: **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**
Author: Dawn Huebner, Ph.D. *Children's Books* 2005 80

Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you. What to Do When You Worry Too Much guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries.

Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.

Material Title: **When Sadness is At Your Door**
Author: Eva Eland *Children's Books* 2019 32

A comforting primer in emotional literacy and mindfulness that suggests we approach the feeling of sadness as if it is our guest.

Sadness can be scary and confusing at any age! When we feel sad, especially for long periods of time, it can seem as if the sadness is a part of who we are--an overwhelming, invisible, and scary sensation.

In *When Sadness Is at Your Door*, Eva Eland brilliantly approaches this feeling as if it is a visitor. She gives it a shape and a face, and encourages the reader to give it a name, all of which helps to demystify it and distinguish it from ourselves. She suggests activities to do with it, like sitting quietly, drawing, and going outside for a walk. The beauty of this approach is in the respect the book has for the feeling, and the absence of a narrative that encourages the reader to "get over" it or indicates that it's "bad," both of which are anxiety-producing notions.

Material Title: **William Wobbly and the Mysterious Holey Jumper; A Story about Fear and Coping**
Author: Sarah Naish *Children's Books* 2017 32

William Wobbly is having lots of wobbly feelings one morning but his mum is so busy that she doesn't notice.

William Wobbly's worries worsen when he notices small changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is here to help him cope when he's afraid.

William Wobbly has many of the behavioural and emotional issues experienced by children who have suffered trauma and have attachment difficulties. This is a story for children aged 3-10 with problematic coping habits.

Material Title: **Worry Says What?**
Author: Allison Edwards *Children's Books* 2018 32

Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.