

## Anxiety Resources

Resource	Description
<b>Anxiety Canada</b> <a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>	Includes a “My Anxiety Plan” self-help tool for dealing with symptoms related to specific anxiety disorders and developing healthy living skills.
<b>Centre for Clinical Intervention</b> <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety</a>	Anxiety Self-Help Resources
<b>MindShift CBT App</b>	Developed by Anxiety Canada, this app offers CBT-based strategies for coping with anxiety.
<b>E-Couch</b> <a href="https://ecouch.com.au/">https://ecouch.com.au/</a>	Online CBT for social anxiety disorder, generalized anxiety disorder and depression.
<b>Mind Health BC</b> <a href="http://www.mindhealthbc.ca/">http://www.mindhealthbc.ca/</a>	Includes a self-screening questionnaire, which then directs users to online and community resources.
<b>Mood Gym</b> <a href="https://moodgym.com.au/">https://moodgym.com.au/</a>	CBT-based self-help tool for learning skills to manage anxiety and depression.

## Books and Workbooks

Get out of Your Mind and Into Your Life, by Steven C Hayes

Hardwiring Happiness, by Rick Hanson

The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions, by Martin Anthony and Peter Norton

Living Beautifully with Uncertainty and Change, by: Pema Chodron

The Mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, Phobias and Worry Using Acceptance and Commitment Therapy, by: Georg H Eifert and John P. Forsyth

The Anxiety and Phobia Workbook, by Edmund Bourne

When Panic Attacks, by David Burns