

Coping with Food Allergy Anxiety: Back to School and More

Resources to Accompany

Kids With Food Allergies Webinar on August 11, 2015

with

Dr. Gianine D. Rosenblum, Ph.D.

[Please consider purchasing through our Amazon link](#)

If you decide to purchase any of these books - Kids With Food Allergies will benefit:

<http://www.amazon.com/?tag=kidswithfooda-20>

Books About Anxiety and Strategies to Reduce Anxiety

DuPont, R., Spencer, E., & Dupont, C. (2003). [*The Anxiety Cure: An Eight-Step Program for Getting Well, Completely Revised and Updated 2nd Edition*](#). Wiley.

Spencer, E., DuPont, R., & Dupont, C. (2014). [*The Anxiety Cure for Kids: A Guide for Parents and Children*](#). (Second Edition). Wiley.

Aron, E. (2002). [*The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them*](#). Harmony.

Neff, K. (2015). [*Self-Compassion: The Proven Power of Being Kind to Yourself*](#). William Morrow Paperbacks.

Hendricks, G. (2010). [*Conscious Breathing: Breathwork for Health, Stress Release, and Personal Mastery*](#). Bantam.

Workbooks for Kids:

Huebner, D. (2005). [*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety \(What to Do Guides for Kids.\)*](#) Magination Press.

Crist, J. (2004). [*What to Do When You're Scared and Worried: A Guide for Kids Paperback*](#). Free Spirit Publishing

Shapiro, L., Sprague, R., McKay, M. (2009). [*The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions.*](#) Instant Help, Workbook Edition.

Books About Emotions for Young Children:

Henkes, K. (2010). [*Wemberly Worried.*](#) Greenwillow Books.

Henkes, K. (1996). [*Sheila Rae, the Brave.*](#) Greenwillow Books.

Curtis, J.L. & Cornell L. (2007). [*Today I Feel Silly: And Other Moods That Make My Day.*](#) HarperCollins

Online Resources:

[UCLA Mindful Awareness Research Center – Guided Meditations](#)

[Anxiety BC](#) – Canadian non-profit website with educational and self-help resources. Information for adults and youth

[Anxiety and Depression Association of America](#)

[American Psychological Association](#)

[Child Mind® Institute](#)

<http://www.childmind.org/en/posts/articles/2010-11-24-how-parent-anxious-kids>

Article

Wang, S. S. (2015, August 10). [*Worrying About the Future, Ruminating on the Past—How Thoughts Affect Mental Health.*](#) *The Wall Street Journal*.

Finding a Therapist:

Contact your state's Psychological Association
(e.g., New Jersey Psychological Association)

[Psychology Today Website](#)

<https://therapists.psychologytoday.com>

[American Psychological Association](#)

<http://locator.apa.org/>