

Coping with Anxiety

ADDITIONAL RESOURCES:

50 Strategies to Beat Anxiety (Alice Boyles, Psychology Today, March 3, 2015)

<https://www.psychologytoday.com/us/blog/in-practice/201503/50-strategies-beat-anxiety>

Anxiety and Depression Association of America: Tips to Manage Anxiety and Stress

<https://adaa.org/tips>

APP FOR THAT:

Breathe2Relax



A simple, intuitive, and attractive mobile app designed by the National Center for Telehealth & Technology to teach breathing techniques to manage stress. The skills taught may be applied to those with anxiety disorders, stress, and PTSD.

Calm



Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.

Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques.