

**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/>