Many kids and teens experience anxiety at some point in their lives. Workbook approaches can be a helpful way to address these issues when they arise. Here are a few examples of workbooks that may be helpful for you and your child/teen. You can also explore more options at the websites suggested at the end of this list.

**The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination**
by Robin Alter PhD CPsych and Crystal Clarke MSW RSW

**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**
by Dawn Huebner and Bonnie Matthews

**The Anxiety Workbook for Teens**
by Lisa M. Schab LCSW

**Mindfulness for Teen Anxiety**
By Christopher Willard PsyD
The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help)
by Lawrence Shapiro PhD and Robin Sprague

Don't Let Your Emotions Run Your Life for Teens
by Sheri Van Dijk MSW

Conquer Your Fears and Phobias for Teens
By Andrea Umbach PsyD

Helping Your Anxious Child: A Step-by-Step Guide for Parents
by Ronald Rapee PhD and Ann Wignall D Psych

***Explore more workbook options at the following websites***


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