



Anxiety and depression

2022

Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents.

This is a guide to the information currently available at the Library Resource Centre on **Anxiety and Depression**. Books for children and teens, educators and parents are included, as well as DVDs, journal articles and useful websites. To borrow these resources, contact the Library Resource Centre at wlsslibrary@wsd1.org or call 204-788-0203. These resources can also be booked online: [Library Support Services Library Resource Centre](#). You can also click the image of a resource or its title in this pathfinder, then select the **Place Hold** button and log in to the catalogue.

SEARCH TERMS:

Keywords: mental health, mindfulness, sadness, stress, worry

Subject Headings: anxiety, depression, fear, mind and body, nightmares, panic attacks, phobias, post-traumatic stress disorder, separation disorder, stress in adolescence, stress in children

Related Pathfinders: All [Pathfinders](#) including MindUp Curriculum Resources, Grief and Loss, Mindfulness



BOOKS FOR STUDENTS

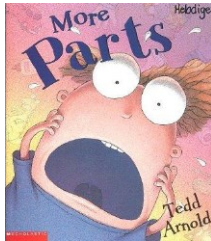


E ALL

Allen, Elise. [Sadly ever after?](#) Los Angeles: Disney Press, 2015.

Because Riley is always feeling down, her fellow emotions try to get her to feel something other than sadness.

Audience: Grades K to 6

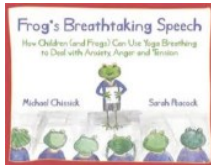


E ARN

Arnold, Tedd. [More parts.](#) New York, NY: Scholastic Inc., 2001.

A young boy is worried about what will happen to his body when he hears such expressions as "Give me a hand," "Hold your tongue," and "We thought you'd lost your mind."

Audience: Grades K to 3

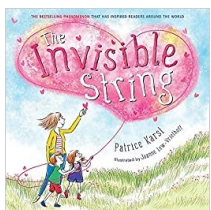


E CHI

Chissick, Michael. [Frog's breathtaking speech: how children \(and frogs\) can use the breath to deal with anxiety, anger, and tension.](#) London, Philadelphia: Singing Dragon, 2012.

Frog is very worried about a speech that he has to give in front of his frog class on breath, until his animal friends teach him their different methods of breathing and how they can help him reach certain states of mind.

Audience: Grades N to 6



E KAR

Karst, Patrice. [The invisible string.](#) New York: Little, Brown and Company, 2018.

When Liza and Jeremy run to their mother during a scary storm, she comforts them by telling them about the Invisible String, which connects people who love each other no matter where they are and means that they are never alone.

Audience: Grades K and up

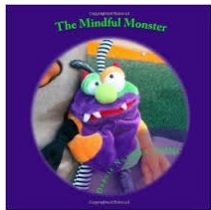


E LOV

Lovegrove, Richelle. [A big mistake?](#) Winnipeg, Manitoba: Manitoba First Nations Education Resource Centre, 2015.

When Summer's best friend compliments the necklace her kokum gave her, she remembers her Elders' teaching and gives the jewellery away. But when her kokum comes over for supper, Summer worries if she made a big mistake in giving away such a special gift.

Audience: Grades N to 6

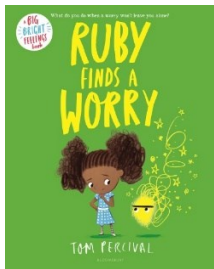


E NUT

Nuttall, Darcie. [The mindful monster](#). USA: Publisher not indicated, 2013.

Oliver the bear keeps being followed by a monster. Resisting the monster at first, Oliver learns to listen mindfully to what the monster shares. The monster becomes a friendly companion. Mindfulness teaches us to listen to our bodies so we can always know what to do.

Audience: Grades K to 6



E PER

Percival, Tom. [Ruby finds a Worry](#). New York: Bloomsbury Children's Books, 2019.

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.

Audience: Grades K and up



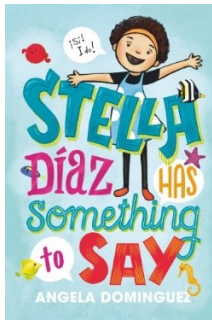
FIC COL

Colbert, Brandy. [Little & Lion](#). New York; Boston: Little, Brown and Company, 2017.

Suzette returns home to Los Angeles from boarding school and grapples with her bisexual identity when she and her brother Lionel fall in love with the same girl, pushing Lionel's bipolar disorder to spin out of control.

Also in AudioBoook

Audience: Grade 9 and up

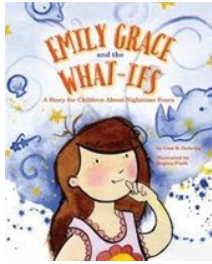


FIC DOM

Dominguez, Angela. [Stella Díaz has something to say](#). New York: Square Fish, 2019. When her class is assigned a project where each student must speak on their favorite subject, Stella Díaz, who sometimes lapses into Spanish and pronounces words wrong, must overcome her fear of public speaking.

Also in [eBook](#)

Audience: Grade 4 and up

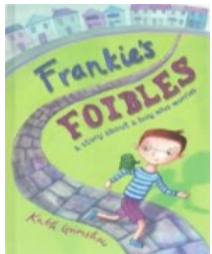


J 152.46 GEH

Gehring, Lisa B. [Emily Grace and the what-ifs: a story for children about nighttime fears](#). Washington, DC: Magination Press, 2016

Emily Grace runs into her room for bedtime, quickly drawing up her covers out of fear, soon wondering What if a big rhinoceros ... or What if I wake up tomorrow a princess ... or What if my eyebrows fall off ... In the end, Emily wonders, What if I close my eyes now and go to sleep?

Audience: Grades K and up

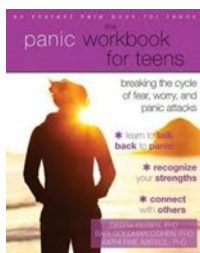


J 152.46 GRI

Grimshaw, Kath. [Frankie's foibles: a story about a boy who worries](#). London; Philadelphia: Jessica Kingsley Publishers, 2016.

When Frankie and his mother move to a new house, he worries about many things but especially about what might happen if he steps on a crack in the pavement, until his grandmother and a new friend help him face his fears.

Audience: Grades 1 to 6

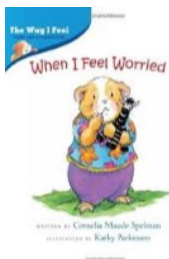


J 152.46 KIS

Kissen, Debra. [The panic workbook for teens: breaking the cycle of fear, worry & panic attacks](#). Oakland, CA: Instant Help Books, Inc., 2015.

40 activities that enable teens to recognize that feelings of panic, anxiety and fear are uncomfortable, but not dangerous, thus allowing them to cope better with their emotions.

Audience: Grades 7 and up

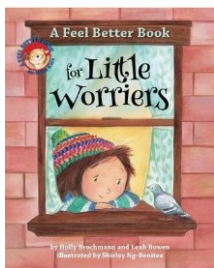


J 152.46 SPE

Spelman, Cornelia. [When I feel worried](#). Chicago, Illinois: Albert Whitman & Company, 2013.

Everybody worries – in new or confusing situations or when someone else is angry. This comforting story shows readers what they can do to feel better.

Audience: Grades K to 2

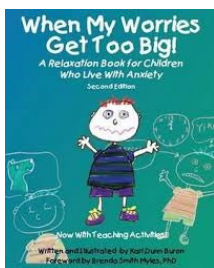


J 155.41246 BRO

Brochmann, Holly. [A feel better book for little worriers](#). Washington, DC: Magination Press, American Psychological Association, 2017.

A gentle rhyming picture book for children ages 3 to 6 who may be developing anxious feelings but are too young to comprehend the implications. It is easy to use, appealing, and effective for parents to use with their little ones, and includes calming tools based on science-based strategies such as cognitive behavioural therapy and mindfulness.

Audience: Grades K to 3

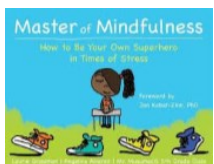


J 155.41246 BUR

Buron, Kari Dunn. [When my worries get too big! : a relaxation book for children who live with anxiety](#). Shawnee Mission, KS: AAPC Publishing, 2013.

An illustrated children's book with tips on how to recognize and cope with anxiety.

Audience: Grades K-12, parents and educators

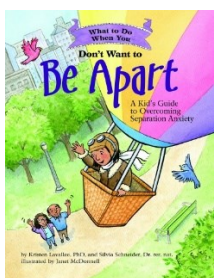


J 155.418 GRO

Grossman, Laurie M. [Master of mindfulness: how to be your own superhero in times of stress](#). Oakland, CA: Instant Help Books, Inc., 2016.

Do you ever feel angry, disappointed, or stressed out about family problems, school, bullies, or trouble with friends? If so, mindfulness can help. This book is written for kids by kids, and includes cool illustrations and tips to show you how to be confident, get focused, stay calm, and tap into your own inner strength.

Audience: Grades 3 and up

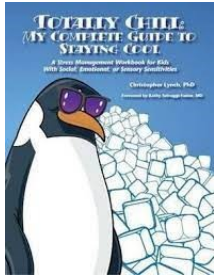


J 155.418 LAV

Lavallee, Kristen. [What to do when you don't want to be apart: a kid's guide to overcoming separation anxiety](#). Washington, DC: Magination Press, 2017.

This workbook introduces kids and parents to cognitive behavioral therapy-based strategies that can help them understand and cope with any type of separation anxiety. Includes an introduction for parents and caregivers about how to most successfully use the book.

Audience: Grades 1 to 6

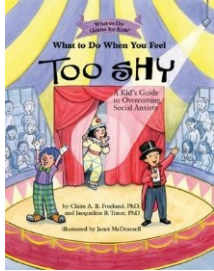


155.418 LYN

Lynch, Christopher. [Totally chill, my complete guide to staying cool: a stress management workbook for kids with social, emotional, or sensory sensitivities](#). Shawnee Mission, Kan.: AAPC Pub., 2012.

Workbook to help students cope with and develop ways to prevent stress and anxiety. Topics include relaxation, flexible thinking, problem solving, getting organized, being healthy, getting along with other kids and using strengths and talents.

Audience: Grades 3 and up

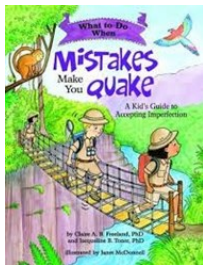


J 155.418232 FRE

Freeland, Claire A. B. [What to do when you feel too shy: a kid's guide to overcoming social anxiety](#). Washington, DC: Magination Press, 2016.

This book helps kids with social phobias and anxiety using an approach based on cognitive behavioural principles. Through a variety of examples, activities and step-by-step instructions, children will learn how to speak up, participate, and expand their comfort zones.

Audience: Grades 1 to 6

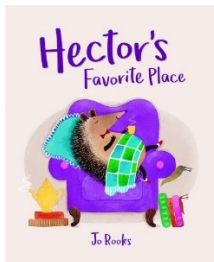


J 155.4191 FRE

Freeland, Claire. [What to do when mistakes make you quake: a kid's guide to accepting imperfection](#). Washington, D.C.: Magination Press, 2016.

Guides children and their parents through the emotions underlying a fear of making mistakes using strategies and techniques based on cognitive-behavioral principles. This interactive self-help book is the complete resource for educating, motivating, and empowering children to cope with mistakes - so they can explore new territory without fear!

Audience: Grades 1 to 7

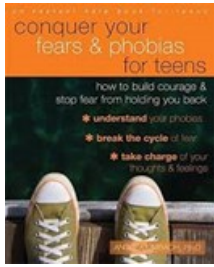


J 155.4192 ROO

Rooks, Jo. [Hector's favorite place](#). Washington, DC: Magination Press, 2018.

Hector is a shy hedgehog and aims to help kids who may not want to venture out and try new activities for fear of making mistakes. It also highlights that friendships could be affected if a child keeps saying no to invitations from friends. Includes note to parents or caregivers.

Audience: Grades K to 3



J 155.51246 UMB

Umbach, Andrea. [Conquer your fears & phobias for teens: how to build courage & stop fear from holding you back](#). Oakland, CA: Instant Help Books, 2015.

For anyone with intense fears and phobias, every day can feel like a roller-coaster ride, and, if you are a teen, this is especially true! Find practical skills for coping with the thoughts, emotions, physical sensations, and behaviors that accompany phobias. You will also discover useful strategies to handle the things and situations that cause you to feel fearful.

Audience: Grades 7 and up

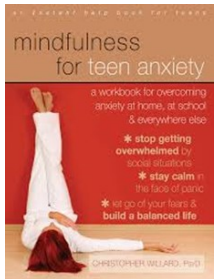
J 155.51246 WIL

Willard, Christopher. [Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school, and everywhere else](#). Oakland, CA: Instant Help Books, 2014.

Being a teen is hard enough without anxiety getting in the way. If you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take to control your anxiety. Through these proven-effective, mindfulness-based practices you can cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends. If you are ready to move past your anxiety, panic, and worry and start living the life you were meant to live, this book will be your guide--every step of the way.

Also in [eBook](#)

Audience: Grades 7 and up

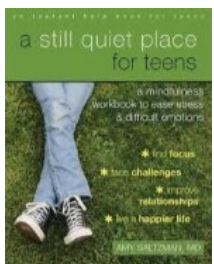


J 155.9042 SAL

Saltzman, Amy. [A still quiet place for teens: a mindfulness workbook to ease stress & difficult emotions](#). Oakland, California: Instant Help Books, 2016.

Being a teen in today's fast-paced, media-saturated world is difficult, and it is easy to get overwhelmed or stressed out. This breakthrough workbook will help you balance your emotions, stay focused, and experience the natural quietness that lives within you.

Audience: Grades 9 and up

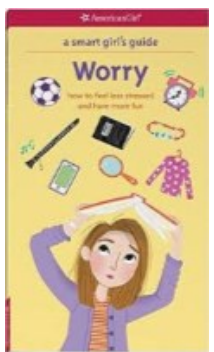


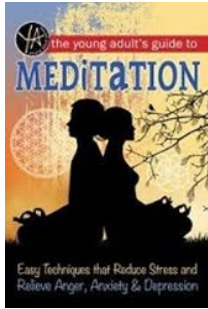
J 155.9042 WOO

Woodburn, Judith. [Worry: how to feel less stressed and have more fun](#). London; Philadelphia: Jessica Kingsley Publishers, 2016.

Every girl worries about something and a little bit of worry isn't a bad thing. But sometimes, if you don't know what to do with it, worry gets in your way, adding stress to your life and taking away the fun.

Audience: Grades 4 and up



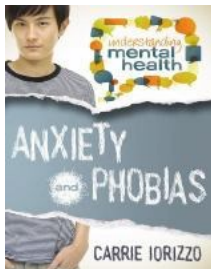


J 158.12 YOU

[The young adult's guide to meditation: easy techniques that reduce stress and relieve anger, anxiety & depression](#). Ocala, FL: Atlantic Publishing Group, Inc., 2016.

In a simple, step-by-step format, this book helps teens increase focus and decrease stress through the art of meditation. You will learn what meditation is, why you get stressed out in the first place, and how meditation can truly help calm your nerves. You will also learn the answers to **common questions: how is meditation different from relaxation, concentration, and self-hypnosis? Which techniques** are right for you? This book offers a natural way to ease stress, focus your mind, and balance your life.

Audience: Grades 7 and up

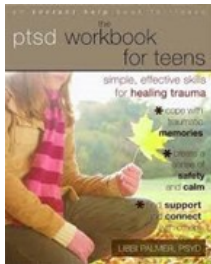


J 616.85 IOR

Iorizzo, Carrie. [Anxiety and phobias](#). St. Catharines, ON: Crabtree Publishing, 2014.

Anxiety disorders, such as phobias, panic disorder, and obsessive-compulsive disorder are the most common group of mental illnesses. The causes, symptoms, effects, and treatment options of each illness are presented along with a discussion about how anxiety and phobias affect young people with siblings and parents who have the disorder.

Audience: Grades 5 to 8



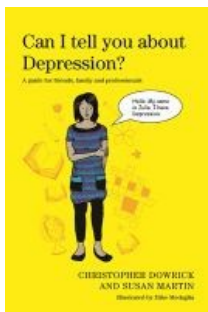
J 618.852 PAL

Palmer, Libbi. [The ptsd workbook for teens: simple, effective skills for healing trauma](#).

Oakland, CA: Instant Help Books, 2012.

Many young people have been exposed to traumatic events and as a result, you have lingering flashbacks, trouble sleeping, or a constant feeling of danger. These are common symptoms of post-traumatic stress disorder (PTSD). Based in cognitive behavioral therapy, this user-friendly workbook for teens with PTSD and other trauma-related difficulties will help young people work through their experiences and reconnect with a positive sense of self.

Audience: Grades 7 and up

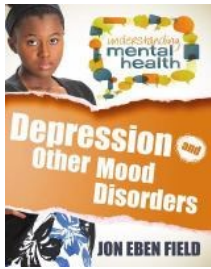


J 616.8527 DOW

Dowrick, Christopher. [Can I tell you about depression?: a guide for friends, family and professionals](#). London: Jessica Kingsley Publishers, 2015.

This illustrated book is an ideal introduction to depression. Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect family life. She explains what help and support is available for people with depression and what friends and family can do to make things easier.

Audience: Grades 3 and up

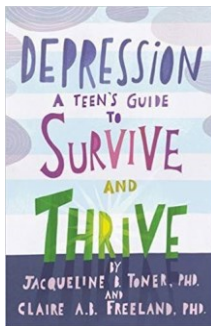


J 616.8527 FIE

Field, Jon Eben. [Depression and other mood disorders](#). St. Catharines, ON: Crabtree Publishing Company, 2014.

Studies indicate that approximately four percent of adolescents experience serious depression. Depression and other mood disorders such as bipolar disorder, occur across all age groups, genders, economic classes, and ethnic groups. This book examines the causes and symptoms of depression and other mood disorders and provides information about treatment options. A chapter on caring for others discusses the difficulties young people encounter living with or caring for siblings or parents who are depressed or have a mood disorder.

Audience: Grades 5 to 8



J 616.8527 TON

Toner, Jacqueline B. [Depression: a teen's guide to survive and thrive](#). Washington, DC: Magination Press, American Psychological Association, 2016.

If you've picked up this book, you probably want nothing more than to understand why you feel the way you do and how to feel better. You want those depressed thoughts, feelings, and behaviours to go away, right? Inside you'll read about what depression is, how it can derail you, and effective ways to take care of yourself if you are depressed.

Audience: Grades 7 and up



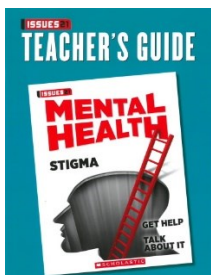
J 616.89 NEM

Nemni, Jacqueline. [Mental health](#). Markham, Ontario: Scholastic Canada Ltd., 2014.

Part of a series that examines contemporary issues in society in order to develop students' skills in the areas of critical thinking, creativity, communication, collaboration, ethical citizenship and activism.

This book explores various issues related to mental health, including eating disorders, depression, ADD, and more.

Audience: Grade 6 and up



J 616.89 NEM

[Mental health: teacher's guide](#). Markham, Ontario: Scholastic Canada Ltd., 2014.

Part of a series that examines contemporary issues in society in order to develop students' skills in the areas of critical thinking, creativity, communication, collaboration, ethical citizenship and activism.

Teacher's guide to accompany Mental Health, which explores various issues related to mental health, including eating disorders, depression, ADD, and more.

Audience: Grades 6 and up



J 741.5 TAM

Tamaki, Mariko. [This one summer](#). Toronto: Groundwood Books, 2014.

Rose and her parents have been going to Awago Beach since she was a little girl. It's her summer getaway, her refuge. Her friend Windy is always there, too, like the little sister she never had, completing her summer family. But this summer is different. Rose's mom and dad won't stop fighting, and Rose and Windy have gotten tangled up in a tragedy-in-the-making in the small town of Awago Beach. It's a summer of secrets and heartache, and it's a good thing Rose and Windy have each other.

Also in [eBook](#)

Audience: Grade 8 and up



J 741.5 TEL

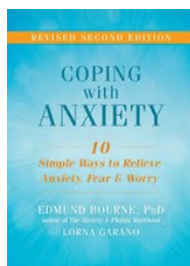
Telgemeier, Raina. [Guts](#). New York, NY: Graphix logo, an imprint of Scholastic, 2019.

Raina wakes up one night with a terrible upset stomach. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?

Also in [eBook](#)

Audience: Grade 3 and up

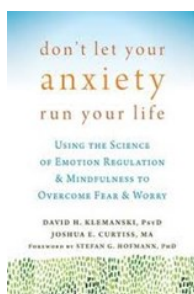
BOOKS FOR EDUCATORS



152.46 BOU

Bourne, Edmund J. [Coping with anxiety: 10 simple ways to relieve anxiety, fear & worry.](#) 2nd Ed. Oakland, CA: New Harbinger Publications, Inc., 2016.

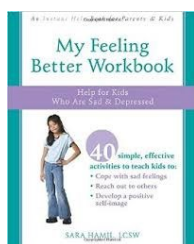
Relieve anxiety, fear, and worry for good! Includes the latest DSM updates and provides immediate, user-friendly, and effective strategies to stop anxiety at its source. A great resource for self-care and for sharing in work situations.



152.46 KLE

Klemanski, David H. [Don't let your anxiety run your life: using the science of emotion regulation and mindfulness to overcome fear & worry.](#) Oakland, CA: New Harbinger Publications, 2016.

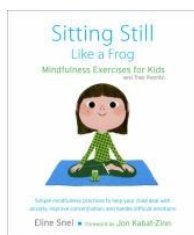
Anxiety is an epidemic in our modern world. But studies now show there is a direct link between anxiety and how you respond to emotions. Don't Let Your Anxiety Run Your Life provide a ground-breaking, step-by-step guide for managing the thoughts and feelings that cause anxiety, worry, fear, and panic. A supportive book for self-care and for use in supporting others.



155.4124 HAM

Hamil, Sarah W. [My feeling better workbook: help for kids who are sad & depressed.](#) Oakland, California: Instant Help Books, 2008.

here are many ways to help children who are sad and depressed, and you might not even realize how much you can do to make your child feel better. By working through this book, guiding your child through just one activity a day, you can empower him or her with the skills necessary to overcome sadness and low self-esteem and live an active, joyful life.

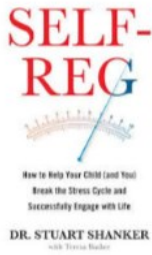


155.413 SNE

Snel, Eline. [Sitting still like a frog: mindfulness exercises for kids \(and their parents\).](#)

Boston: Shambhala, 2013.

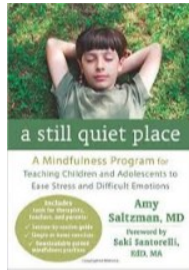
Simple mindfulness practices to help your child deal with anxiety, improve concentration, and handle difficult emotions.



155.41825 SHA

Shanker, Stuart. [Self-reg: how to help your child \(and you\) break the stress cycle and successfully engage with life](#). Toronto: Viking, 2016.

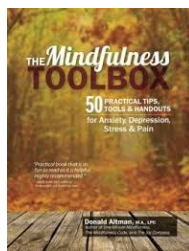
There is no such thing as a bad kid. Even the most frustrating, annoying or troubling child behaviour has an explanation. And that explanation is usually stress.



155.4 189042 SAL

Saltzman, Amy. [A still quiet place: a mindfulness program for teaching children and adolescents to ease stress and difficult emotions](#). Oakland, CA: New Harbinger Publications, Inc., 2014.

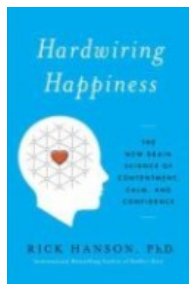
A Still Quiet Place presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives.



155.512 ALT

Altman, Donald. [The Mindfulness toolbox: 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress and pain](#). Eau Claire, WI: PESI Publishing & Media, 2014.

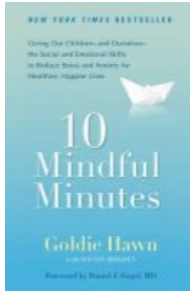
Filled with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information, this guidebook offers participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.



158 HAN

Hanson, Rick. [Hardwiring happiness: the new brain science of contentment, calm, and confidence](#). New York: Harmony Books, 2013.

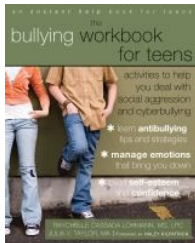
Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences, but slowly from good ones. You can change this.



158.1 HAW

Hawn, Goldie. [10 mindful minutes: giving our children--and ourselves--the social and emotional skills to reduce stress and anxiety for healthier, happier lives](#). New York, NY: Perigee Book, 2012.

A practical guide for parents to help children cope with stress, improve concentration and lead happier lives. By understanding how their brains work, children discover where their emotions come from and become more self-aware. They learn to appreciate the sensory aspects of their lives and to value the positive effects of mindfulness, compassion, and kindness.

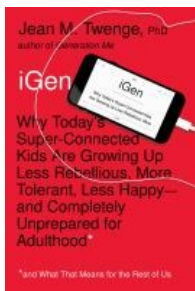


302.343 0835 LOH

Lohmann, Raychelle Cassada. [The bullying workbook for teens: activities to help you deal with social aggression and cyberbullying](#). Oakland, CA: New Harbinger Publications, Inc., 2013.

The Bullying Workbook for Teens offers easy-to-use techniques from cognitive behavioral therapy (CBT) and sound advice to help ease your anxiety, depression, and other emotions that can result from being bullied. Step-by-step activities in this workbook will also help you build confidence in your interactions with others.

Also in [eBook](#)

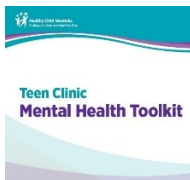


305.235 TWE

Twenge, Jean M. [iGen: why today's super-connected kids are growing up less rebellious, more tolerant, less happy -- and completely unprepared for adulthood: and what that means for the rest of us](#). New York City: Atria Books, 2017.

Dr. Jean Twenge offers a revelatory portrait of a new generation growing up more slowly and more anxious - but also more socially tolerant and safe - than any generation in history. As this new group of young people grows into adulthood, parents, educators, and employers have an urgent need to understand them. Because where iGen goes, so goes our nation - and the world.

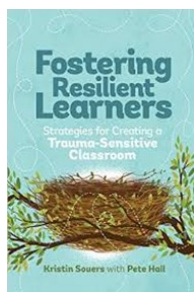
Also in [eBook](#)



362.2 TEE

[Teen clinic: mental health toolkit](#). Winnipeg, Manitoba: Healthy Child Manitoba, 2016.

This toolkit is meant to provide support to frontline staff who work with youth with mental health concerns. The subjects (anxiety, suicidal ideation, addictions, eating disorders, depression, and more) are topics frequently encountered by youth in clinics.



371.94 SOU

Souers, Kristin. [Fostering resilient learners: strategies for creating a trauma-sensitive classroom](#). Alexandria, VA: ASCD, 2016.

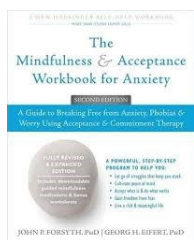
Research demonstrates that trauma in young people dramatically affects learning. Cultivating a trauma-sensitive learning environment supports optimal growth for students across all content areas, grade levels, and educational settings. Understanding trauma's effects, and then adopting a strengths-based approach to learning, enables educators to change how they view destructive student behaviours, and help students break negative cycles. Self-care techniques also help teachers and their students flourish.

616.8522 FOR

Forsyth, John P. [The mindfulness and acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias, & worry using acceptance & commitment therapy](#).

Oakland, CA: New Harbinger Publications, 2016.

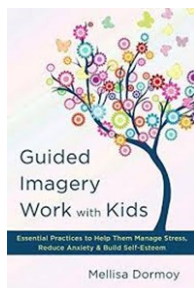
Based on a revolutionary approach to psychological health and wellness called acceptance and commitment therapy (ACT), this book offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll also discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so that you can gain the space to do what truly matters to you.



616.8916 DOR

Dormoy, Mellisa. [Guided imagery work with kids: essential practices to help them manage stress, reduce anxiety, & build self-esteem](#). New York: W.W. Norton & Company, 2016.

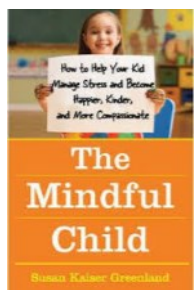
Guided imagery is a relaxation technique that uses sensory visualizations to engage the mind and imagination for healing. It is a simple, versatile therapeutic tool that uses scripts to help clients focus and guide their imagination, and has been shown to alleviate a host of common emotional issues in kids, from anxiety and insecurity to stress, anger, and the effects of bullying.

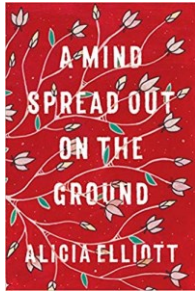


649.6 GRE

Greenland, Susan Kaiser. [The mindful child: how to help your kid manage stress and become happier, kinder, and more compassionate](#). New York: Atria Paperback, 2013.

Fun and friendly techniques to build young people's inner and outer awareness and attention, positively affecting their academic focus, and their social and emotional skills.



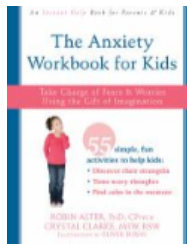


971.00497 ELL

Elliott, Alicia. [A mind spread out on the ground](#). Toronto: Doubleday Canada, 2019.

What are the links between depression, colonialism and loss of language--both figurative and literal? Alicia Elliott offers indispensable insight and understanding to the ongoing legacy of colonialism.

eBOOKS

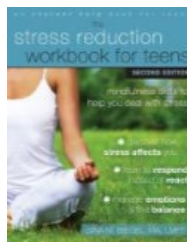


eBook

Alter, Robin C. [The anxiety workbook for kids: take charge of fears and worries using the gift of imagination](#). Oakland, CA: New Harbinger Publications, Inc., 2016.

Using engaging illustrations and fun activities based in cognitive behavioral therapy (CBT), this Instant Help workbook presents a unique approach to help children harness the power of their imaginations to reduce anxiety and build self-esteem.

Audience: Parents with children in Grades 2 and up



eBook

Biegel, Gina M. [The stress reduction workbook for teens: mindfulness skills to help you deal with stress](#). Oakland: New Harbinger Publications, 2017

A collection of thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment.

Audience: Grades 7 and up

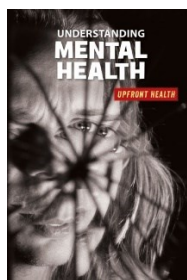


eBook

Bradley, Michael J. [Crazy-stressed: saving today's overwhelmed teens with love, laughter, and the science of resilience](#). New York, NY: AMACOM, 2017.

Packed with insights from neuroscience and psychology, real-life case studies, and a dose of humor, this book sheds light on the teen brain and offers a wealth of resiliency-boosting strategies.

Audience: Grades 7 and up

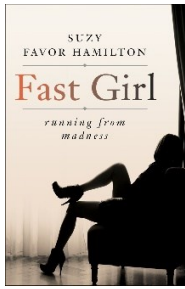


eBook

Chandler, Matt. [Understanding mental health](#). Ann Arbor, Michigan: Cherry Lake Publishing, 2020.

For young people, leading a healthy lifestyle requires education and empowerment. In Understanding Mental Health, readers will explore the history and social aspects of mental illness, teen mental health issues, and ways to help themselves and others.

Audience: Grades 5 and up

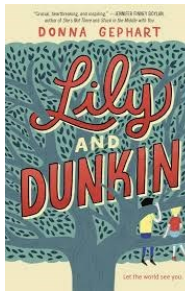


eBook

Favor Hamilton, Suzy. [Fast girl: a life spent running from madness](#). New York, NY: Dey Street Books, 2015.

A former Olympic athlete and high-end escort reveals her struggles with manic depression, exploring how mental illness both drove her competitively and painfully challenged her personal life.

Audience: Grades 9 and up



eBook

Gephart, Donna. [Lily and Dunkin](#). New York: Delacorte Press, 2016.

Lily Jo McGrother, born Timothy McGrother, is a girl. But being a girl is not so easy when you look like a boy, especially in eighth-grade. Norbert Dorfman, nicknamed Dunkin Dorfman, is bipolar and has just moved from the New Jersey town he's called home for the past thirteen years. It's enough, but he is also hiding from a painful secret makes it even worse. One summer morning, Lily Jo McGrother meets Dunkin Dorfman, and their lives forever change.

Audience: Grades 7 and up

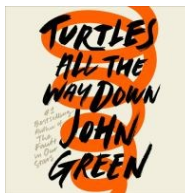


eBook

Goupil, Mylène. [Mélodie sous sa bonne étoile](#). Montreal: Québec Amérique, 2019.

Mélie habite seule avec sa mère toujours fatiguée, loin de sa famille restée à l'autre bout du monde, et surtout loin de son papa dont elle ne sait rien. Lorsque Mélie trouve un téléphone intelligent dans le parc, elle commence à recevoir des messages d'un mystérieux papa. Un papa qui s'adresse à une Lili. Lili, Mélie... Est-ce que ça pourrait être elle? Alors que Noël approche, Mélie ne vit plus que dans l'attente des précieux messages du papa, qu'elle garde comme des trésors. Mais cette richesse saura-t-elle combler le vide dans son coeur?

Public : 7e année et plus

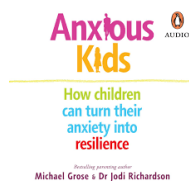


eBook

Green, John. [Turtles all the way down](#). New York, NY: Dutton Books, 2017.

Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her best and most fearless friend, Daisy, is eager to investigate. So together, they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis. Aza is trying. She is trying to be a good daughter, a good friend, a good student, and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.

Audience: Grades 7 and up



eBook / Audiobook

Grose, Michael. [Anxious kids: how children can turn their anxiety into resilience](#).

Camberwell: Penguin Random House Australia, 2019.

Offers parents a new perspective on their children's anxiety, encouraging them to view each episode as an opportunity to empower their kids with the skills to manage anxiety, and thrive. Grose and Richardson also give advice on a range of important steps parents can take to develop emotional intelligence, tolerance of discomfort, mindfulness, resilience, thinking skills and flourishing mental health. In so doing, parents can reduce the impact of anxiety, enabling children of all ages to live their lives in full colour.

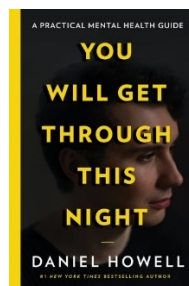
Audience: Adults

eBook

Howell, Daniel. [You will get through this night](#) . New York: Dey Street Books, 2021.

The author shares his own struggles with depression and anxiety with self-deprecation and dark humor in this no-nonsense guide. In consultation with a psychologist, he explores how our minds work, why we think and feel the way we do, and what we can do about it. Learn how to manage your thoughts and feelings in tough times; change your everyday habits to be healthier and happier; understand your behavior and how to treat yourself with compassion.

Audience: Grades 10 and up

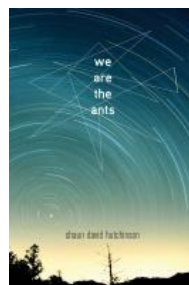


eBook

Hutchinson, Shaun David. [We are the ants](#). New York: Simon Pulse, 2016.

After the suicide of his boyfriend, Henry deals with depression and family issues, all while wondering if he was really abducted and told he has 144 days to decide whether or not the world is worth saving.

Audience: Grades 10 and up

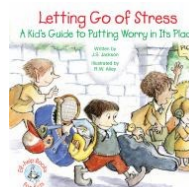


eBook

Jackson, Mitchell S. [Letting go of stress: a kid's guide to putting worry in its place](#) . New York: Abbey Press, 2015.

Children aren't immune to stress. Kids are especially prone to feel fear before stressful events in their lives. Family, school, and team sports' schedules have been crammed into their daily activities so extensively that many children are robbed of their free recreational "growth" time, and an alarming number of kids are experiencing high levels of stress because of this. In this invaluable book, author J.S. Jackson helps children explore attitudes and ideas to try and diminish some of the stress they feel in their lives.

Audience: Parents, teachers of children in Grades K and up



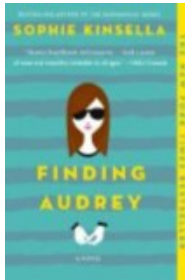


eBook

Khorram, Adib. [Darius the Great is not okay](#). New York, NY: Dial Books, 2018.

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

Audience: Grades 7 and up



eBook

Kinsella, Sophie. [Finding Audrey](#). New York: Delacorte Press, 2015.

Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.

Audience: Grades 9 and up



eBook

Mac, Carrie. [10 things I can see from here](#). New York: Alfred A. Knopf, 2017.

Maeve, a sufferer of severe anxiety, moves in with her recovering alcoholic father and her very pregnant stepmother and falls for a girl who is not afraid of anything.

Audience: Grades 9 and up

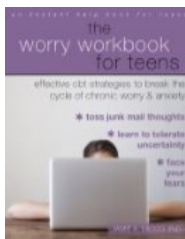


eBook

Methot, Suzanne. [Legacy: Trauma, Story, and Indigenous healing](#). Toronto, Ontario: ECW Press, 2019.

Indigenous peoples have shockingly higher rates of addiction, depression, diabetes, and other chronic health conditions than other North Americans. According to the Aboriginal Healing Foundation, these are a result of intergenerational trauma: the unresolved terror, anger, fear, and grief created in Indigenous communities by the painful experiences of colonialism, passed down from generation to generation.

Audience: Teachers

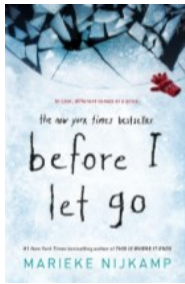


eBook

Micco, Jamie A. [The worry workbook for teens: effective CBT strategies to break the cycle of chronic worry and anxiety](#). Oakland: New Harbinger Publications, 2017.

Break the worry cycle for good! This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss "junk mail" thoughts, and manage your fears in a constructive way.

Audience: Grades 7 and up

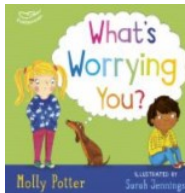


eBook

Nijkamp, Marieke. [Before I let go](#). Naperville, Illinois: Sourcebooks Fire, 2018.

Returning to her small Alaska hometown after her bipolar best friend's death, Corey uncovers chilling secrets about the townspeople and their treatment of Kyra prior to her drowning.

Audience: Grades 7 and up

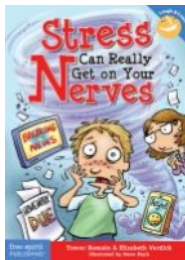


eBook

Potter, Molly. [What's worrying you?](#) London: Bloomsbury Publishing, 2018.

We all have worries now and then, but sometimes worries can feel like they're getting bigger and bigger, like you can't control them any more. What do you do then? What's worrying you? is a book all about helping children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings.

Audience: Grades K to 4

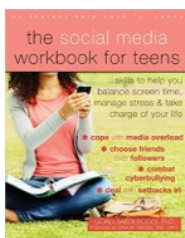


eBook

Romain, Trevor. [Stress can really get on your nerves!](#) Minneapolis, MN: Free Spirit Publishing Inc., 2018.

More kids than ever feel worried, stressed out, and anxious every day. Their secret stress surfaces as stomach ache, headaches, fatigue, trouble sleeping, loss of appetite, and an inability to concentrate. Tests Stink! this book is a helping hand for kids and an eye-opener for adults.

Audience: Grades 3 and up

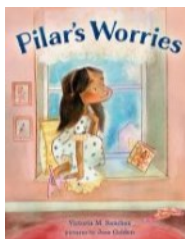


eBook

Saedi Bocci, Goali. [The social media workbook for teens: skills to help you balance screen time, manage stress, and take charge of your life](#). Oakland: New Harbinger Publications, 2019.

Is social media stressing you out? Written by a millennial psychologist and media expert, this workbook offers practical skills to help you reduce anxiety, balance screen time, deal with cyberbullies, and take charge of your life.

Audience: Grades 7 and up



eBook

Sanchez, Victoria M. [Pilar's worries](#). Chicago, Illinois: Albert Whitman & Company, 2018.

Pilar loves to dance. She plies while brushing her teeth. She leaps when hurrying to ballet class. But when tryouts for her favorite ballet are held, Pilar is anxious. Auditioning makes her whole body feel scared. But by using some of the coping techniques she's learned and focusing on her love for ballet, she is able to persevere. This gentle story is a great tool for children dealing with anxiety.

Audience: Grades K to 4

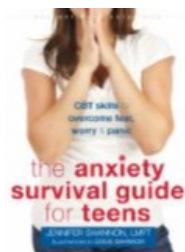


eBook

Schusterman, Michelle. [Spotlight on coding club!](#) New York: Penguin Young Readers Group, 2018.

The girls in the coding club are preparing their voting app for the school talent show, but when they discover Erin is secretly suffering from anxiety, they band together to find her help.

Audience: Grades 5 and up



eBook

Shannon, Jennifer. [The anxiety survival guide for teens: CBT skills to overcome fear, worry, and panic.](#) Oakland, CA: Instant Help, 2015.

The Anxiety Survival Guide for Teens is an engaging, illustrated resource to help teens skillfully work through situations that cause anxiety so they can focus on their goals. By identifying their "monkey mind"--the part of their brain where anxious thoughts arise--teens will start to feel more independent, more confident, and ready to take on the world.

Audience: Grades 9 and up



eBook

Shannon, Jennifer. [The shyness & social anxiety workbook for teens: CBT and ACT skills to help you build social confidence.](#) Oakland, CA: Instant Help Books, 2012.

Offers worksheets and comic-style illustrated scenarios that help teen readers identify their values and practice evidence-based skills from cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for overcoming shyness and social anxiety.

Audience: Grades 7 and up

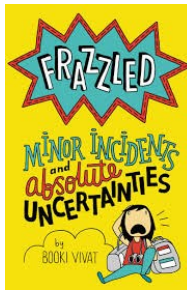


eBook

Telgemeier, Raina. [Agallas.](#) New York: Scholastic Inc., 2020.

Una noche, Raina se despierta sintiéndose mal del estómago. Su mamá también se siente mal, así que puede tratarse de un virus. Pero una vez que Raina regresa a la escuela, después de ponerse bien, siente que cada vez que tiene que enfrentar un problema -ya sea si sus amigas le hablan o no, si los chicos de su clase hablan de temas asquerosos, si tiene que hacer un proyecto escolar o si se está alimentando bien o no- le vuelve a doler el estómago. Qué le pasa?

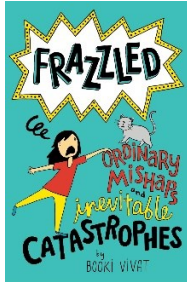
Audience: Grades 3 and up



eBook

Vivat, Booki. [Minor incidents and absolute uncertainties](#). New York: HarperCollins, 2019. Abbie Wu is FRAZZLED as she navigates locker thieves, diabolical cats, and other hazards of middle school. To make matters worse, there's an addition to the Wu family--a diabolical cat she's convinced is out to get her. Now Abbie has to figure out a way to make it all work before her life becomes a total catastrophe!

Audience: Grades 3 and up



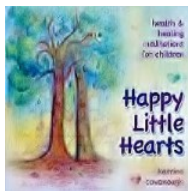
eBook

Vivat, Booki. [Ordinary mishaps and inevitable catastrophes](#). New York: HarperCollins, 2019. When Abbie Wu goes to "Outdoor School," with her older brother as a counselor, she is torn between excitement and anxiety but decides to make it a life-changing adventure.

Audience: Grades 3 and up

MULTIMEDIA

CD1095 158.128



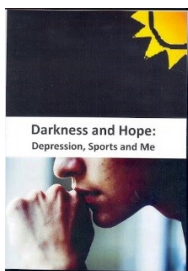
Cavanough, Katrina. [Happy little hearts: health & healing meditations for children](#). Glen Waverley, Victoria, Australia: Blue Angel Music, 2013.

1 videodisc (43 minutes)

These meditations will support children to understand their feelings and experience ways to help and heal themselves with the help of some special friends. Every child feels sad sometimes.

Audience: Primary students

DVD1248



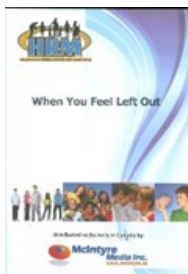
[Darkness and hope: depression, sports & me](#). Toronto: See See Three Entertainment; Orangeville, Ontario. McIntyre Media, 2012.

1 videodisc (43 minutes)

TSN Broadcaster and OFF THE RECORD host Michael Landsberg discusses depression in the context of the world of sports. The documentary features candid interviews with Olympian Clara Hughes, two-time Stanley Cup champion Stéphane Richer, and four-time World Series winner Darryl Strawberry.

Audience: Grades 9 and up

DVD1252



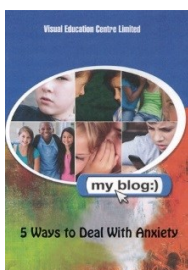
[When you feel left out](#). Mount Kisco, NY: Human Relations Media; 2012.

1 videodisc (19 minutes)

All kids feel hurt when they are ignored or excluded whether at home, at school, in the sports field or within a group. This engaging video and print curriculum explore true-to-life scenarios in which upper elementary students experience the disappointment and sadness of being left out. It teaches students specific skills to use when they feel left out, how to express their emotions using "I" statements and how to take positive actions to help them feel better.

Audience: Grades 3 to 5

DVD1310

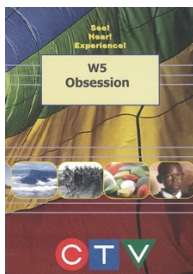


[5 ways to deal with anxiety](#). Vaughan, ON: Visual Education Centre Limited, 2012.

1 videodisc (12 minutes)

Anxiety is just part of being a teen. In this program students will learn 5 coping skills that will help them to manage their feelings of anxiety.

Audience: Grades 4 to 7



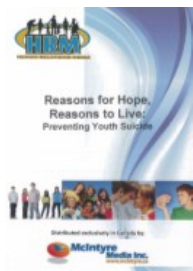
DVD1450

[The Obsession](#). Orangeville, ON: McIntyre Media, 2012.

1 videodisc (20 minutes)

We all have nagging worries. For Canadians with obsessive-compulsive disorders, these thoughts get stuck, playing over and over in the mind like a broken record. The only way to lower the volume is to perform "rituals", behaviors such as constant checking, excessive washing or extreme hoarding to control the unwanted thoughts

Audience: Grades 9 and up



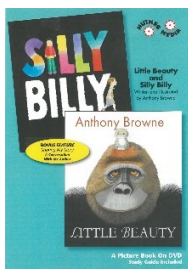
DVD1638

[Reasons for Hope, Reasons to Live: Preventing Youth Suicide](#). Mt. Kisco, NY: Human Relations Media, 2014, 2015.

1 videodisc (26 minutes)

Video emphasizes the hopeful message that suicides can be prevented. Focuses on the preventative actions that students can take if they are having thoughts of suicide or know of others who are at risk. Features the real stories of young people who found help after making an attempt or having suicidal ideation.

Audience: Grades 7 and up



DVD1657

[Little Beauty & Silly Billy](#). USA: Nutmeg Media, 2012.

1 videodisc (16 minutes)

Silly Billy - a young boy worries about everything, including hats, clouds and rain! When his grandma gives him a set of worry dolls to do the worrying for him, Billy finally gets a good night's sleep!

Audience: Grades 1 to 3

JOURNAL ARTICLES

- Arsenault, Adrienne. "Loneliness and how to fight it". National (CBC Television), January 15, 2019, Canadian Reference Centre, EBSCOhost.
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- Banerjee, Sidhartha. "Researchers turn to classroom to help teens overcome costly sleep woes." The Canadian Press. Sep 10, 2019. EBSCOhost.
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WEBSITES

“20 classroom interventions for children with anxiety disorders.” HealthCentral.

<http://www.healthcentral.com/anxiety/school-258065-5.html>

Provides classroom interventions that parents and teachers can work together to help a child succeed in the classroom.

Anxiety Canada youth. Anxiety Canada.

<https://youth.anxietycanada.com/>

Information to help youths manage anxiety plus information & self-help strategies for several disorders.

Anxiety Disorders Association of Manitoba. Anxiety Disorders Association of Manitoba.

<http://www.adam.mb.ca/>

This charitable self-help organization offers support and education.

Anxiety in children. Anxiety Canada.

<https://anxietycanada.com/learn-about-anxiety/anxiety-in-children/>

Practical strategies and tools to help manage children’s anxiety.

Anxiety Management. Ontario Teachers’ Federation.

<http://www.teachspered.ca/anxiety-management>

Provides teaching strategies and resources for students with anxiety disorders.

Anxiety: Overview. AboutKidsHealth. SickKids.

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/BehaviouralandEmotionalProblems/Pages/Anxiety.aspx>

An overview of anxiety provided by The Hospital for Sick Children.

Children, youth and anxiety. Canadian Mental Health Association. National.

<https://cmha.ca/documents/children-youth-and-anxiety>

This national charity helps maintain and improve mental health for all Canadians and helps people access the community-based resources they need to build resilience and support recovery from mental illness in their own communities.

Crisis Support. Klinik Community Health.

<http://klinik.mb.ca/crisis-support/>

The Klinik Crisis Program operates a variety of crisis telephone lines and online support services providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

Manitoba Adolescent Treatment Centre. MATC

<https://matc.ca/services/>

MATC provides mental health services for children, youth and families.

Mood Disorders Association of Manitoba. Mood Disorders Association of Manitoba.

<http://www.mooddordersmanitoba.ca/resources/depression/>

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder, co-occurring disorders or other mental health illnesses.

My Winnipeg Therapist

<https://mywinnipegtherapist.com/depression/>

Offers mental health services in counselling for depression, anxiety and PTSD treatment.

Sample accommodations for anxious kids. WorryWiseKids.

<http://www.worrywisekids.org/node/40>

Provides a compilation of commonly implemented interventions for anxious children in a classroom environment.

Winnipeg Regional Health Authority.

<https://wrha.mb.ca/psychology/services/depression/>

Provides health-care support and specialty referral services to nearly half a million Manitobans as well as residents of northwestern Ontario and Nunavut, who often require the services and expertise available within the WRHA.