

## RESOURCES

## BOOKS

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- Pittman, C. M., & Karle, E. M. (2015). *Rewire your anxious brain: How to use the neuroscience of a fear to end anxiety, panic, and worry* (1st ed.). New Harbinger Publications.
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## ONLINE ARTICLES

- Anxiety and Depression Association of America. (2022, October 28). *Anxiety and stress in the workplace*. <u>https://adaa.org/managing-stress-anxiety-in-workplace/anxiety-disorders-in-workplace</u>
- Boyes, A. (2021, September 9). *What anxiety does to us at work*. Harvard Business Review. <u>https://hbr.org/2019/05/what-anxiety-does-to-us-at-work</u>
- Casabianca, S. S. (2022, April 25). *46 Positive affirmations for anxiety relief*. Psych Central. <u>https://psychcentral.com/anxiety/affirmations-for-anxiety</u>
- Kabrick, S. (2022, September 1). *11 Tips for coping with an anxiety disorder*. Mayo Clinic Health System. <u>https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/11-tips-for-coping-with-an-anxiety-disorder</u>
- National Institute of Mental Health. (2022, April). *Anxiety disorders*. U.S. Department of Health and Human Services, National Institutes of Health. <u>https://www.nimh.nih.gov/health/topics/anxiety-disorders</u>

## VIDEOS

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- Therapist Aid. (2018, October 17). *What is the cycle of anxiety*? [Video]. YouTube. <u>https://www.youtube.com/watch?v=-CAd9o9OlqM</u>
- Therapy in a Nutshell. (2019, June 20). *Stop overthinking: Leaves on a stream ACT anxiety skill #30* [Video]. YouTube. <u>https://www.youtube.com/watch?v=vjKltKKSur8</u>

Walk In My Shoes. (2017, July 25). *Leaves on a stream* [Video]. YouTube. https://www.youtube.com/watch?v=r1C8hwj5LXw

