

Anxiety Management



Websites

Moodjuice: <http://www.moodjuice.scot.nhs.uk/anxiety.asp>

Get Self Help: <http://www.getselfhelp.co.uk/anxiety.htm>

Mind: <http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/>

Young Minds:


http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anxiety

Anxiety BC: <http://youth.anxietybc.com/>


Anxiety UK: <https://www.anxietyuk.org.uk/?gclid=CO6-j-7Z-s4CFUsq0wodOEwIwg>


Apps


***Please be aware that the apps are recommended on the basis of their content rather than any forums to which they may be connected**

- SAM 
- Self-Help for Anxiety Management App with relaxation guides
 - Divides anxiety into thoughts, feelings, sensations.
 - Guides for physical relaxation and breathing


- Headspace 
- App for guided meditation and relaxation


- What's Up? 
- App to help with breathing, recognising thinking patterns, keeping thought diaries and includes positive quotes


- Pacifica 
- App for anxiety including mood tracker, thought record, daily challenges, relaxation

- Worry Box 
- Helps you learn to manage worries through problem solving, coping statements, self-talk and mindfulness
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- Stop, Breathe and Think 
- Contains mindfulness meditations for teenagers

- Mindshift 
- Provides tools and strategies to help manage different types anxiety
 - Strategies include: learning to recognise physical symptoms, practicing relaxation strategies, problem solving and challenging thinking patterns

- Hospichill  (suitable for any age)
- Provides relaxation exercises such as visualisation
 - Helps prepare for hospital visits

- Smiling Mind 
- App for relaxation exercises, breathing exercises and mindfulness

Books

Self-Help Books Recommended by NHS Lothian: edinburgh.gov.uk/healthyreading