



### Resources for Anxiety

Karen Levine Ph.D. Psychologist

Karen@drkarenlevine.com

January 2022

#### Apps or Web-Based Resources

I've picked out a range of types of apps and sites. Some are mainly to learn and use relaxation tools. Other apps are more oriented around helping shift thought patterns/Cognitive Behavioral Therapy. A few apps help track moods. Some are for more than one function. New apps and websites related to treating anxiety in children are continually emerging. Please note my listing here is not an endorsement or guarantee. What will be helpful for specific children and families is highly individual.

**Headspace** (section for kids, sections for adults): mindfulness/relaxation/guided meditations, some CBT exercises, some sleep meditations

<https://www.headspace.com>

**Mightier**: video game-based app to learn to note heart rate rising and down-regulate heart rate.

[https://www.mightier.com/hiw-anxiety/?gclid=Cj0KCCQiA09eQBhCxARIsAAYRiym\\_YjFjX3Yc7UMaysaSQ1PpTZp9jmi5aoLGvcT4ztoxO2UEpN3WCnMaAtFXEALw\\_wcB](https://www.mightier.com/hiw-anxiety/?gclid=Cj0KCCQiA09eQBhCxARIsAAYRiym_YjFjX3Yc7UMaysaSQ1PpTZp9jmi5aoLGvcT4ztoxO2UEpN3WCnMaAtFXEALw_wcB)

**Mood Kit**: *especially the Thought Tracker and mood tracker* portion. Simple Cognitive Behavioral app for kids/adults (starting about 8-10 years, or younger with adult support). This app takes a little learning to use it, but is very worth it. You can just use one or two sections of it (e.g. Thought Tracker).

<https://apps.apple.com/us/app/moodkit/id427064987>

**iMood Journal**: for any age. Kids under 10 or so will need adult help in using it at first. Very useful for kids who have trouble recapturing happiness/enjoyment later, who forget they had fun or were fine doing something. Useful also for tracking patterns, helping kids become more aware of their mood patterns.

<https://www.imoodjournal.com>

**Unwinding Anxiety** app – Cognitive Behavioral Therapy made simple and doable! Daily lessons and exercises so you gradually shift 'thought habits' related to anxiety. This is a real CBT 'program' that can take weeks to see progress but potentially has big results!

<https://www.unwindinganxiety.com>

**Smiling Mind** – mood identification and relaxation strategies.

<https://www.smilingmind.com.au>

## **Other Resources**

**Positive Psychology**, the CBT site. Lots of helpful information and downloadable worksheets.

<https://positivepsychology.com/category/positive-cbt/>

**CBT Worksheets for elementary age kids**

<https://www.teacherspayteachers.com/Product/Ten-Minute-CBT-Worksheets-and-Handouts-for-Depression-and-Anxiety-3347608>

**Karen Levine webinar and video** (scroll down) using play and gradual exposure with young kids – specific to Williams Syndrome but also applies more generally.

<https://williams-syndrome.org/resources/webinarpresentation/treating-fears-and-phobias-in-ws-webinar>

**Attacking Anxiety book by Karen Levine and Naomi Chedd** on treating fears and phobias in children with ASD – same approach for young kids in general. Many specific examples. Levine K. and Chedd N. (2015) Attacking Anxiety A Step-by-Step Guide to an Engaging Approach to Treating Anxiety and Phobias in Children With Autism and Other Developmental Disabilities Jessica Kingsely Pub, London, UK

[https://www.amazon.com/Attacking-Anxiety-Step-Step-Developmental/dp/1849057885/ref=sr\\_1\\_2?crid=2DHBS2BNEI3MQ&keywords=attacking+anxiety+levine&qid=1645641455&sprefix=attacking+anxiety+levine%2Caps%2C81&sr=8-2](https://www.amazon.com/Attacking-Anxiety-Step-Step-Developmental/dp/1849057885/ref=sr_1_2?crid=2DHBS2BNEI3MQ&keywords=attacking+anxiety+levine&qid=1645641455&sprefix=attacking+anxiety+levine%2Caps%2C81&sr=8-2)

## **Finding Therapists**

Psychology Today Find a Therapist <https://www.psychologytoday.com/us> lists therapists by location and specialization.

**SPACE** is an anxiety treatment approach, based in Cognitive Behavioral Therapy, developed at Yale, where parents and therapist meet (often remotely), and parents are taught to carry out the treatment. The child does not see the therapist directly. Lots of research support for this. The website lists therapists trained in this across the country.

<https://www.spacetreatment.net/space-providers>