



# Helping Teens Cope with Anxiety During Covid 19

## **Resources for Parents**

Albano, Annemarie (2013) *You and your Anxious Child*

Duffy, John (2019) *Parenting the New Teen in the Age of Anxiety*

Rapee, Ronald (2008) *Helping your Anxious Child*

Siegel, Daniel (2019) *Brainstorm: The Power and Purpose of a Teenage Brain*

## **Resources for Teens**

Carlson, Richard (2000). *Don't Sweat the Small Stuff for Teens: Simple Ways to Keep your Cool in Stressful Times*

The Instant Help Books series. [www.newharbinger.com](http://www.newharbinger.com)

Thompkins, Michael (2009). *My Anxious Mind*

Schab, Lisa (2008). *The Anxiety Workbook for Teens*