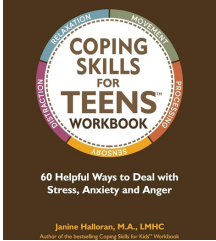


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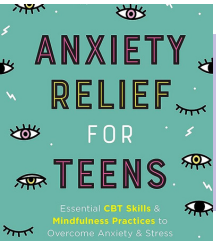
Recommended Reading

TEENS EXPERIENCING ANXIETY OR DEPRESSION



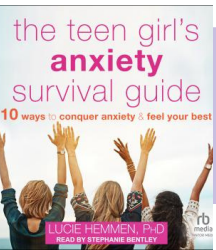
COPING SKILLS FOR TEENS WORKBOOK: 60 HELPFUL WAYS TO DEAL WITH STRESS, ANXIETY AND ANGER BY JANINE HALLORAN

There are 60 helpful coping strategies included in the book, divided into a unique system that brings order to chaos by identifying different coping styles a tween or teen would relate to most.



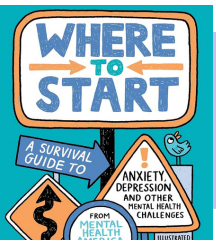
ANXIETY RELIEF FOR TEENS: ESSENTIAL CBT SKILLS AND MINDFULNESS PRACTICES TO OVERCOME ANXIETY AND STRESS BY REGINE GALANTI

Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges.



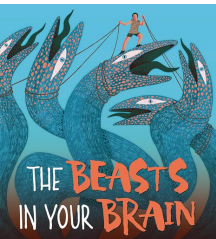
THE TEEN GIRL'S ANXIETY SURVIVAL GUIDE: 10 WAYS TO CONQUER ANXIETY & FEEL YOUR BEST BY LUCIE HEMMEN

This book offers ten powerful skills specifically designed to help teen girls cope with anxious thoughts and feelings in healthy ways.



WHERE TO START: A SURVIVAL GUIDE TO ANXIETY, DEPRESSION, AND OTHER MENTAL HEALTH CHALLENGES FROM MENTAL HEALTH AMERICA

A resource for anyone who's struggling emotionally and looking for help, from the nation's leading community-based nonprofit that addresses the needs of those living with mental illness.



THE BEASTS IN YOUR BRAIN: UNDERSTANDING AND LIVING WITH ANXIETY AND DEPRESSION BY KATHERINE SPELLER

A quippy, fun, and empathetic read that reminds readers they are not alone in their feelings, teaches them the science of mental illness, and empowers them to quell the brain beasts of depression and anxiety.



THE ANXIETY WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH ANXIETY & WORRY BY LISA M. SCHAB.

This book gives teens a collection of tools to help control anxiety and face day-to-day challenges. This workbook both gives anxious teens insight into their problems and offers practical guidance for overcoming them.

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