

Depression & Anxiety Resources

Books for Kids:

- *David and the Worry Beast* by Anne Marie Guanci -- Learning to deal with anxiety is an important step in a child's healthy emotional growth. Conquering fears, and not avoiding them, is the lesson imparted in this story. David could not stop thinking about the basket he had missed at the end of the big game. He was worried that he might do it again. He was worried that his team mates would be angry with him. He was worried that his parents would not be proud of him. He was also worried about an upcoming math test. In fact, David was worried a lot. "Should I quit the team?" he asked himself. "Should I be sick tomorrow and miss the math test?" Luckily, David finally confided in his parents and school nurse, both of whom gave him support and techniques for controlling the "worry beast" within him. Delightfully illustrated, it focuses on a very real and essential topic.
- *When My Worries Get Too Big* by Kari Dunn Buron -- Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such stress can lead to a loss of control, resulting in aggressive behavior, such as screaming, throwing things or even hurting someone. Prolonged anxiety can also seriously impact success in academic achievement and cause children to avoid social and extracurricular activities. Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!
- *Wilma Jean the Worry Machine* by Julia Cook -- This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather) a worry hat is introduced. A fun read for Wilmas of all ages!
- *What to Do When You Worry Too Much* by Dawn Huebner -- *What to Do When You Worry Too Much* guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries.
- *Help Your Dragon Deal with Anxiety* by Steve Herman -- *What if your dragon is always asking about "What If"?* What should you do? You teach him how to deal with his anxiety!
- *Train Your Dragon to Love Himself* by Steven Herman -- But what if your dragon constantly worries that he's not good enough, smart enough, fast enough, or good looking enough? What do you do? You teach him to love himself! You teach him that he's special and unique just the way he is. You teach him that if he wants to be the best, just be the best at being himself.

Books for Teens/Young Adults:

- *See Me* by H.R. Hobbs -- If you're Hannah Williams, you become invisible. Up until now, she's learned to protect herself from the bullies in her life by following four simple rules. But when Chip Cavanaugh moves to her school and decides they should be friends, her rules go up in smoke. Hannah doesn't know what to do with a friend, especially one that's funny, outgoing and with a strong sense of right and wrong. Chip isn't afraid to draw attention to himself or stand up for others. So, when the class bully reads her journal to the class and Chip defends her, he becomes a target himself. Now Chip's life is being threatened and Hannah realizes she can't be invisible any longer. Can Hannah break her rules and stand up for what's right? An empowering, compassionate story of life in middle school.
- *Crazy* by Amy Reed -- Connor knows that Izzy will never fall in love with him the way he's fallen for her. But somehow he's been let into her crazy, exhilarating world and become her closest confidante. But the closer they get, the more Connor realizes that Izzy's highs are too high and her lows are too low. And the frenetic energy that makes her shine is starting to push her into a much darker place. As Izzy's behavior gets increasingly erratic and self-destructive, Connor gets increasingly desperate to stop her from plummeting. He knows he can't save her from her pain...but what if no one else can?
- *Dr. Bird's Advice for Sad Poets* by Evan Roskos -- "I hate myself but I love Walt Whitman, the kook. Always positive. I need to be more positive, so I wake myself up every morning with a song of myself." Sixteen-year-old James Whitman has been yawping (à la Whitman) at his abusive father ever since he kicked his beloved older sister, Jorie, out of the house. James's painful struggle with anxiety and depression—along with his ongoing quest to understand what led to his self-destructive sister's exile—make for a heart-rending read, but his wild, exuberant Whitmanization of the world and keen sense of humor keep this emotionally charged debut novel buoyant.
- *It's Kind of a Funny Story* by Ned Vizzini -- Ambitious New York City teenager Craig Gilner is determined to succeed at life—which means getting into the right high school to get into the right job. But once Craig acs his way into Manhattan's Executive Pre-Professional High School, the pressure becomes unbearable. He stops eating and sleeping until, one night, he nearly kills himself. Craig's suicidal episode gets him checked into a mental hospital, where his new neighbors include a [transgender] sex addict, a girl who has scarred her own face with scissors, and the self-elected President Armelio. There, Craig is finally able to confront the sources of his anxiety.
- *We Are the Ants* by Shaun David Hutchinson -- Henry Denton has spent years being periodically abducted by aliens. Then the aliens give him an ultimatum: The world will end in 144 days, and all Henry has to do to stop it is push a big red button. Only he isn't sure he wants to. After all, life hasn't been great for Henry. His mom is a struggling waitress held together by a thin layer of cigarette smoke. His brother is a jobless dropout who just knocked someone up. His grandmother is slowly losing herself to Alzheimer's. And Henry is still dealing with the grief of his boyfriend's suicide last year. Wiping the slate clean sounds like a pretty good choice to him. But Henry is a scientist first, and facing the question thoroughly and logically, he begins to look for pros and cons: in the bully who is his perpetual one-night stand, in the best friend who betrayed him, in the brilliant and mysterious boy who walked into the wrong class. Weighing the pain and the joy that surrounds him, Henry is left with the ultimate choice: push the button and save the planet and everyone on it...or let the world—and his pain—be destroyed forever.
- *A Hero Dreams* by Mark Ristau -- Devastated by his father's sudden death, eight-year-old Ricky begins to see things--a ghostly silhouette in his bedroom window, a gruesome train accident involving four local teenagers, a terrorist attack that won't occur for another twenty-five years. After a traumatic incident at a New England summer camp, the visions become more frequent, more vivid, and more disturbing. A mysterious voice assures him everything will be okay if he crosses the "threshold." But just what is the threshold? And what lies beyond? A tale of hope, faith, courage, and profound self-discovery, *A Hero*

Dreams is a work of inspirational fiction that takes the reader on an epic journey along the furthestmost frontiers of human consciousness and into a miraculous realm where anything is possible.

- *Someday This Pain Will Be Useful to You* by Peter Cameron -- *Someday This Pain Will Be Useful to You* is the story of James Sveck, a sophisticated, vulnerable young man with a deep appreciation for the world and no idea how to live in it. James is eighteen, the child of divorced parents living in Manhattan. Articulate, sensitive, and cynical, he rejects all of the assumptions that govern the adult world around him—including the expectation that he will go to college in the fall. He would prefer to move to an old house in a small town somewhere in the Midwest. *Someday This Pain Will Be Useful to You* takes place over a few broiling days in the summer of 2003 as James confides in his sympathetic grandmother, stymies his canny therapist, deplores his pretentious sister, and devises a fake online identity in order to pursue his crush on a much older coworker. Nothing turns out how he'd expected.
- *Anxiety Sucks: A Teen Survival Guide* by Natasha Daniels -- Is your anxiety kicking your child's butt? Are they tired of boring, long self-help books that do anything but help? If they are 9 and up this book can help... Are they annoyed by suggestions that show the author doesn't really get anxiety? I get it. I also get anxiety. I have lived it and so have the thousands of kids I have helped in my therapy practice. Until you have lived it – you will never understand anxiety's insidious moves. *Anxiety Sucks! A Teen Survival Guide* is short and to the point. You are welcome. Have them read it. Practice it. Repeat. Kids don't want to read long, boring books on anxiety. In my practice parents will often ask for book suggestions. I provide them. They buy them. The kids never read them. Trust me, I know. I ask the kids. I finally decided to write my own book that is short, to the point and offers a death blow to the anxiety dictator living in their head. A book I know kids will be able to get through in one or two sittings. A book that will teach kids how their little dictator rules their mind and tricks them into making their anxiety grow. And finally, a book that will help them develop mad skills to counterattack their dictator and show him who is boss. This book is perfect for any kid ages 9 and up. All kids being bullied by anxiety should be armed with the skills this book provides.

Books for Adults:

- *The Dance of Anger* by Harriet Lerner -- "Anger is a signal and one worth listening to," writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change.
- *Man's Search For Meaning* by Viktor Frankl -- Psychiatrist Viktor Frankl's memoir has riveted generations of readers with its descriptions of life in Nazi death camps and its lessons for spiritual survival. Between 1942 and 1945 Frankl labored in four different camps, including Auschwitz, while his parents, brother, and pregnant wife perished. Based on his own experience and the experiences of others he treated later in his practice, Frankl argues that we cannot avoid suffering but we can choose how to cope with it, find meaning in it, and move forward with renewed purpose. Frankl's theory-known as logotherapy, from the Greek word logos ("meaning")-holds that our primary drive in life is not pleasure, as Freud maintained, but the discovery and pursuit of what we personally find meaningful.
- *On Becoming a Person* by Carl Rogers -- The late Carl Rogers, founder of the humanistic psychology movement, revolutionized psychotherapy with his concept of "client-centered therapy." His influence has spanned decades, but that influence has become so much a part of mainstream psychology that the ingenious nature of his work has almost been forgotten. A new introduction by Peter Kramer sheds light on the significance of Dr. Rogers's work today. New discoveries in the field of psychopharmacology,

especially that of the antidepressant Prozac, have spawned a quick-fix drug revolution that has obscured the psychotherapeutic relationship. As the pendulum slowly swings back toward an appreciation of the therapeutic encounter, Dr. Rogers's "client-centered therapy" becomes particularly timely and important.

- *Full Catastrophe Living* by John Kabat-Zinn -- Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. *Full Catastrophe Living* is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world.
- *The Alchemist* by Paulo Coelho -- Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, of recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, to follow our dreams.
- *Denial of Death* by Ernest Becker -- Winner of the Pulitzer prize in 1974 and the culmination of a life's work, *The Denial of Death* is Ernest Becker's brilliant and impassioned answer to the "why" of human existence. In bold contrast to the predominant Freudian school of thought, Becker tackles the problem of the vital lie -- man's refusal to acknowledge his own mortality. In doing so, he sheds new light on the nature of humanity and issues a call to life and its living that still resonates more than twenty years after its writing.
- *Darkness Visible* by William Styron -- A work of great personal courage and a literary tour de force, this bestseller is Styron's true account of his descent into a crippling and almost suicidal depression. Styron is perhaps the first writer to convey the full terror of depression's psychic landscape, as well as the illuminating path to recovery.
- *Prozac Nation* by Elizabeth Wurtzel -- Elizabeth Wurtzel writes with her finger on the faint pulse of an overdiagnosed generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. Her famous memoir of her bouts with depression and skirmishes with drugs, *Prozac Nation* is a witty and sharp account of the psychopharmacology of an era for readers of *Girl, Interrupted* and Sylvia Plath's *The Bell Jar*.
- *Feeling Good* by Dr. David Burns -- The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other "black holes" of depression can be cured without drugs. In *Feeling Good*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an All-New Consumer's Guide To Anti-depressant Drugs as well as a new introduction to help answer your questions about the many options available for treating depression.
- *The Happiness Trap* by Russ Harris -- Are you, like millions of Americans, caught in the happiness trap? Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable, driving the epidemics of stress, anxiety, and depression. This empowering book presents the insights and techniques of ACT (Acceptance and Commitment Therapy) a revolutionary new psychotherapy based on cutting-edge research in behavioral psychology. By clarifying your values and

developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life.

- *Little Panic* by Amanda Stern -- Growing up in the 1970s and 80s in New York, Amanda experiences the magic and madness of life through the filter of unrelenting panic. Plagued with fear that her friends and family will be taken from her if she's not watching—that her mother will die, or forget she has children and just move away—Amanda treats every parting as her last. Shuttled between a barefoot bohemian life with her mother in Greenwich Village, and a sanitized, stricter world of affluence uptown with her father, Amanda has little she can depend on. And when Etan Patz disappears down the block from their MacDougal Street home, she can't help but believe that all her worst fears are about to come true.
- *Demian* by Hermann Hesse -- The main character of this classic novel, Emil Sinclair, is a young boy raised in a bourgeois home, amidst what is described as a Scheinwelt, a play on words that means "world of light" as well as "world of illusion". Emil's entire existence can be summarized as a struggle between two worlds: the show world of illusion (related to the Hindu concept of maya) and the real world, the world of spiritual truth. In the course of the novel, accompanied and prompted by his mysterious classmate 'Max Demian', he detaches from and revolts against the superficial ideals of the world of appearances and eventually awakens into a realization of self. The novel refers to the idea of Gnosticism, particularly the god Abraxas, showing the influence of Carl Jung's psychology. According to Hesse, the novel is a story of Jungian individuation, the process of opening up to one's unconsciousness.
- *Going to Pieces Without Falling Apart* by Dr. Mark Epstein -- *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds—Buddhism and Western psychotherapy—Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control.
- *Staring at the Sun* by Irving Yalom -- Written in Irv Yalom's inimitable story-telling style, *Staring at the Sun* is a profoundly encouraging approach to the universal issue of mortality. In this magisterial opus, capping a lifetime of work and personal experience, Dr. Yalom helps us recognize that the fear of death is at the heart of much of our anxiety. Such recognition is often catalyzed by an "awakening experience"—a dream, or loss (the death of a loved one, divorce, loss of a job or home), illness, trauma, or aging. Once we confront our own mortality, Dr. Yalom writes, we are inspired to rearrange our priorities, communicate more deeply with those we love, appreciate more keenly the beauty of life, and increase our willingness to take the risks necessary for personal fulfillment.
- *Noonday Demon: An Atlas of Depression* by Andrew Solomon -- *The Noonday Demon* examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, policy makers and politicians, drug designers, and philosophers, Andrew Solomon reveals the subtle complexities and sheer agony of the disease as well as the reasons for hope. He confronts the challenge of defining the illness and describes the vast range of available medications and treatments, and the impact the malady has on various demographic populations—around the world and throughout history. He also explores the thorny patch of moral and ethical questions posed by biological explanations for mental illness. With uncommon humanity, candor, wit and erudition, award-winning author Solomon takes readers on a journey of incomparable range and resonance into the most pervasive of family secrets.
- *My Age of Anxiety* by Scott Stossel -- Drawing on his own longstanding battle with anxiety, Scott Stossel presents a moving and revelatory account of a condition that affects some 40 million Americans. Stossel offers an intimate and authoritative history of efforts by scientists, philosophers, and writers to understand anxiety. We discover the well-known who have struggled with the condition, as well as the

afflicted generations of Stossel's own family. Revealing anxiety's myriad manifestations and the anguish it causes, he also surveys the countless psychotherapies, medications, and often outlandish treatments that have been developed to relieve it.

Books for Parents to Help Children/Teens:

- *Anxiety Relief for Kids: A Workbook* by Rachel Stone
- *The Anxiety Workbook for Teens* by Rachel Stone

Videos:

- Tackling Teen Depression by Kay Reeve (parent of teen)
<https://www.youtube.com/watch?v=DiIUdXmhf-0>
- The Power of Depression in Shaping Our Lives by Jane Krukiel (teen)
https://www.youtube.com/watch?v=1IUAhR_ACKQ
- Over the Bridge: My Journey with Depression by Abby (teen)
<https://www.youtube.com/watch?v=a8laKjivggs>

- Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness by Lori Lite
 - *Bubble Riding* <https://www.youtube.com/watch?v=qyObS1Waj-A>
 - *Angry Octopus* https://www.youtube.com/watch?v=_kYKoc7Cm7E
 - *Affirmation Weaver* https://www.youtube.com/watch?v=Id5cMcUA_i4
 - *Sea Otter Cove* <https://www.youtube.com/watch?v=erlvwQGUHE0>

- Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety by Lori Lite
 - *The Goodnight Caterpillar* <https://www.youtube.com/watch?v=Tyn4pIkVbkY>
 - *A Boy and a Bear* <https://www.youtube.com/watch?v=fUgSr04q344>
 - *The Affirmation Web* <https://www.youtube.com/watch?v=AJTTBzVAOtw>
 - *A Boy and a Turtle* <https://www.youtube.com/watch?v=60ZNVGGj8Uk>

Websites:

- Anxiety and Depression Association of America
 - <https://adaa.org/>
- Mindfulness for Teens - Discovering Your Inner Strength
 - <https://mindfulnessforteens.com/>
- Coping Skills for Kids
 - <https://copingskillsforkids.com/>

***Note: All summaries come from each book's Amazon profile and are not the words of Meghan O'Nyion or Adaptations Counseling**