

Mood and Anxiety (for children and teens)

Crist, James J. (2006). *What to Do When You're Sad & Lonely: A Guide for Kids*. Minneapolis, MN: Free Spirit. Provides children with advice, reassurance, and ideas for children suffering from emotional problems such as depression, anxiety, Bipolar Disorder, etc. Ages 9-13.

Crist, James J. (2004). *What to Do When You're Scared and Worried: A Guide for Kids*. Minneapolis, MN: Free Spirit. Provides advice and support for children suffering from anxiety. Ages 9-13.

Frank, Tip and Kim Frank. (2003). *The Handbook for Helping Kids with Anxiety and Stress*. Chapin, SC: Youthlight, Inc. Helps teach children to overcome anxiety using practical, easy-to-follow tips. Ages 2-8.

Huebner, Dawn. (2005). *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Washington, D.C.: Magination Press. Helps children understand their anxiety and teaches them ways to deal with their day-to-day anxiety. Ages 6-12.

Powell, Mark. (2003). *Stress Relief: The Ultimate Teen Guide*. Lanham, MD: The Scarecrow Press, Inc. Examines causes of stress typical of a teen and explains how to deal and cope with these types of stress. Ages 12- 18.

Romain, Trevor and Elizabeth Verdick. (2000). *Stress Can Really Get on Your Nerves!* Minneapolis, MN: Free Spirit. Uses jokes and cartoons to explain stress to readers and teaches how to deal with stresses. Ages 8-13.

Verdick, Elizabeth. (2002). *How to Take the Grrrr out of Anger*. Minneapolis, MN: Free Spirit. Helps children with anger issues understand how to deal with their anger and creates strategies to deal with it. Ages 9-12.

Weierbach, Jane and Elizabeth Phillips-Hershey. (2007). *Mind Over Basketball: Coach Yourself to Handle Stress*. Washington, D.C.: Magination Press. Fun book for kids who are anxious and lack confidence in themselves. Ages 9-13.

Whitehouse, Eliane and Warwick Pudney. (1996). *A Volcano in My Tummy: Helping Children to Handle Anger*. British Columbia, Canada: New Society. Provides constructive approaches to dealing with anger in children. Ages 6-13.

Youngs, Bettie and Jennifer Youngs. (2001). *A Taste-Berry Teen's Guide to Managing the Stress and Pressures of Life*. Deerfield Beach, FL: Health Communications, Inc. A guide written by a mother-daughter team that deals with understanding teen stress and how to cope with it. Ages 12-18.