

Self Help for Anxiety & Stress (Click icons to link to resources)

		Mindshift	App for “taking charge” of your anxiety	Free
		SAM	Learn anxiety management; includes an anonymous social network	Free
		PTSD Coach	Education and help with symptoms of PTSD	Free
		Anti-Anxiety APP	Help with managing anxiety	Free
		HealthyMinds	Tools for managing life’s stresses	Free
		I Can be Free	Relaxation and hypnosis for anxiety	Free
		Worry Box	Diary, audio & articles to cope with worry	Free
		Stop Panic & Anxiety	Education and calming audio for panic	Free
		<u>Freedom from Obsessive Compulsive Disorder</u>	By Jonathan Grayson	Varies
		The Paradox of Choice	By Barry Schwartz	Free
		The Surprising Science of Happiness	By Dan Gilbert	Free
		How to Make Stress Your Friend	By Kelly McGonigal	Free
		The Case for Emotional First Aid	By Guy Winch	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



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Please note that while every effort has been made by CAPS to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.