



# OVERCOME ANXIETY

RESOURCE CHEAT SHEET

# Online Resources

**Anxiety Resource Center** – a non-profit organization that offers support for people who suffer from anxiety.

<https://anxietyresourcecenter.org/who-we-are/>

**The Anxiety Toolkit** – Site dedicated to sharing strategies for fine-tuning your mood and moving past your stuck points.

<http://theanxietytoolkit.com/resources/>

**Resources to Recover** – a website that provides families affected by mental illness guidance, support, and information on the best practices and providers in recovery-oriented mental health care.

<https://www.rtor.org/anxiety/>

**Anxiety and Depression Association of America** – a non-profit membership organization that is dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

<https://adaa.org/tips-manage-anxiety-and-stress>

**Overcoming Your Anxiety** – a site dedicated to helping you stop anxiety and find your balance in a stressful world.

<https://overcomingyouranxiety.net/resources/>

**National Alliance on Mental Illness** – a site dedicated to educating people on panic disorders, phobias, and treatments that can help.

<https://www.nami.org/>

# Articles

**20 Tips to Tame Your Stress** – Dr. Lynn Ponton provides 20 easy and quick tips to help you calm your stress and help put you in a better mood.

<https://psychcentral.com/lib/20-tips-to-tame-your-stress/>

**Beat the Anxiety Trick: How to Overcome Chronic Anxiety** – a detailed article outlining the anxiety trick and the steps you need to take to overcome chronic anxiety.

<https://www.anxietycoach.com/anxietytrick.html>

**Overcoming Anxiety** – from the experts at Harvard Medical School, an article focusing on how anxiety affects you and the treatments and therapies that you can use to overcome your anxiety.

<https://www.health.harvard.edu/mind-and-mood/overcoming-anxiety>

**How to Stop Overthinking and Overcome Anxiety Now** – a detailed article on the signs and symptoms of anxiety and the techniques you can use to stop overthinking and overcome anxiety.

<http://www.thelawofattraction.com/stop-overthinking-overcome-anxiety/>

**Overcoming Anxiety: How to Take Control of Your Anxiety** – a comprehensive article that looks at anxiety and shows you how you can take control of your anxiety. <https://blog.therachat.io/overcoming-anxiety/>

**12 Tips for Overcoming Anxiety** – article providing helpful tips to help you overcome anxiety and take back your life.

[https://www.successconsciousness.com/overcoming\\_anxiety.htm](https://www.successconsciousness.com/overcoming_anxiety.htm)

**How to Overcome Anxiety Without Medication** – detailed article on anxiety and how to overcome it without resorting to taking prescription medication. <https://www.calmclinic.com/anxiety/how-to-overcome>

**7 Ways to Stop an Anxiety Attack When It's Already Happening** – this article shows you seven effective ways for stopping an anxiety attack that has already started.

<https://anxiety.newlifeoutlook.com/what-to-do-during-an-anxiety-attack/>

**How to Overcome Your Fear and Panic Attacks** – a helpful guide talking about anxiety and panic attacks and the things you need to do to overcome them.

<https://www.verywellmind.com/tips-for-overcoming-a-fear-of-panic-attacks-2584109>

## Books

**Feeling Good: The New Mood Therapy** by David D. Burns – Noted psychiatrist, Dr. David Burns, outlines ways to deal with the negative emotions in our lives that have become all too common.

[https://www.amazon.com/Feeling-Good-New-Mood-Therapy-ebook/dp/B009UW5X4C/ref=as\\_li\\_ss\\_tl?encoding=UTF8&qid=&sr=&linkCode=ll1&tag=dghpersdevbooks-20&linkId=1525efaa435ffb2f12e42768b47656ff](https://www.amazon.com/Feeling-Good-New-Mood-Therapy-ebook/dp/B009UW5X4C/ref=as_li_ss_tl?encoding=UTF8&qid=&sr=&linkCode=ll1&tag=dghpersdevbooks-20&linkId=1525efaa435ffb2f12e42768b47656ff)

**The Anxiety and Phobia Workbook** by Edmund Bourne – a classic book on the subject of anxiety that provides a clear and concise understanding the causes of anxiety.

[https://www.amazon.com/Anxiety-Phobia-Workbook-Edmund-Bourne/dp/1572248912/ref=as\\_li\\_ss\\_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=d5c7b8ab7b046e9059ccd0206eff19b2](https://www.amazon.com/Anxiety-Phobia-Workbook-Edmund-Bourne/dp/1572248912/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=d5c7b8ab7b046e9059ccd0206eff19b2)

**The 10 Best-Ever Anxiety Management Techniques** by Margaret Wehrenberg – the author provides good scientific explanations of the causes of anxiety and then provides ten brain science techniques that work, without having to take medication.

[https://www.amazon.com/Best-Ever-Anxiety-Management-Techniques-Understanding-ebook/dp/B0015DYJDA/ref=as\\_li\\_ss\\_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=4e0a79c4aceb46a6dd918319c84eaccc](https://www.amazon.com/Best-Ever-Anxiety-Management-Techniques-Understanding-ebook/dp/B0015DYJDA/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=4e0a79c4aceb46a6dd918319c84eaccc)

**Dare: The New Way to End Anxiety and Stop Panic Attacks** by Barry McDonagh – the author provides toll, examples, and in-depth explanations about anxiety that are down to earth and motivational. The author shares his techniques for helping people who suffer from anxiety.

[https://www.amazon.com/Dare-Anxiety-Panic-Attacks-Audios-ebook/dp/B0158S7E1G/ref=as\\_li\\_ss\\_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=e1c34160a2371d056726a30df601bee2](https://www.amazon.com/Dare-Anxiety-Panic-Attacks-Audios-ebook/dp/B0158S7E1G/ref=as_li_ss_tl?ie=UTF8&linkCode=ll1&tag=dghpersdevbooks-20&linkId=e1c34160a2371d056726a30df601bee2)

**Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry** by Catherine M. Pittman, PhD – provides a unique, evidence-based solution for overcoming anxiety based on cutting-edge neuroscience and research.

<https://www.developgoodhabits.com/stress-anxiety-books/>

**When Panic Attacks: The New, Drug-Free Anxiety Therapy that Can Change Your Life** by David D. Burns – the author shares the best ways to heal anxiety without the use of drugs.

[https://www.amazon.com/gp/product/076792083X/ref=as\\_li\\_qf\\_sp\\_asin\\_il\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=076792083X&linkCode=as2&tag=fearofnet-20&linkId=7XX5ZG53OAM6LQEY](https://www.amazon.com/gp/product/076792083X/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=076792083X&linkCode=as2&tag=fearofnet-20&linkId=7XX5ZG53OAM6LQEY)

**Mastery of Your Anxiety and Panic** by David H. Barlow and Michelle G. Craske – the book helps you understand that you aren't alone in dealing with your panic attacks and provides you with exercises and education sections to help you deal with your anxiety and panic.

[https://www.amazon.com/gp/product/0195311353/ref=as\\_li\\_qf\\_sp\\_asin\\_il\\_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0195311353&linkCode=as2&tag=fearofnet-20&linkId=WSTKMIQDGWUUVWCDK](https://www.amazon.com/gp/product/0195311353/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0195311353&linkCode=as2&tag=fearofnet-20&linkId=WSTKMIQDGWUUVWCDK)



# Podcasts

**The Anxiety Coaches with Gina Ryan** – Listen to professionals and guests talk about their experiences with anxiety. The hosts keep the tone light, interesting, and informational, and will take questions for their listeners.

<https://www.stitcher.com/podcast/the-anxiety-coaches-podcast>

**Meditation Minis with Chel Hamilton** – Chel Hamilton is a hypnotherapist who packs a heady dose of calm in her ten minute meditations. If you don't have a lot of time but do have a lot of anxiety, you can use your lunch break to listen or download an episode right before you go to bed.

<https://itunes.apple.com/us/podcast/meditation-minis-podcast/id963597166?mt=2>

**The Anxiety Podcast** – This is not an informational segment, but rather it is a storytelling show that happens to focus on tales of overcoming stress and anxiety. It is extremely empowering, entertaining, and encouraging for those suffering from anxiety.

<https://www.timjpcollins.com/podcast/>

**Anxiety Slayer** – Like the name suggests, this podcast is about eradicating anxiety. You'll learn techniques, listen to some peaceful conversations, and come out of it with tools to use in between episodes.

<http://www.anxietyslayer.com/>

**The Overwhelmed Brain** – the podcast doesn't coddle its listeners. It speaks to them frankly and deeply and encourages listeners to let go of stress and anxiety and live your life. <https://theoverwhelmedbrain.com/>

# Videos

**5 Steps for Naturally Overcoming Anxiety and Depression** – Dr. Hagmeyer explains some of the common overlooked areas behind anxiety, panic disorders, and depression. In this short, but powerful video, Dr. Hagmeyer explains the five most common metabolic problems that can put an end to anxiety and depression.

[https://www.youtube.com/watch?time\\_continue=15&v=D\\_0LPmX0HvE](https://www.youtube.com/watch?time_continue=15&v=D_0LPmX0HvE)

**How to Overcome Fear and Anxiety** – Motivational speaker, Tony Robbins, delivers a powerful message on how to overcome your fear and anxiety.

<https://www.youtube.com/watch?v=K9Fw4tSTXKU>

**Overcoming Fear and Mental Blocks** – Motivational speaker, Kirsty Spraggon explains how you can get you're your fear by controlling your mind. Learn how to overcome your fear and anxiety by overcoming your mental blocks.

[https://www.youtube.com/watch?time\\_continue=8&v=VvSlqxHavcw](https://www.youtube.com/watch?time_continue=8&v=VvSlqxHavcw)

**Three Ways to Overcome Anxiety** – Oliva Remes, focuses on anxiety disorders and shows you three effective ways that you can overcome your anxiety.

<https://www.youtube.com/watch?v=zDurWVRPZtU>

**Breaking the Loop of Anxiety** – speaker Colin Bien shares his experience with panic disorder and shares his approach for breaking the endless loop of anxiety that those suffering from an anxiety disorder experience.

<https://www.youtube.com/watch?v=DSLTLueIMgRw>