



Online Self-Help Resources for Anxiety

The Anxiety Files, by Dr. Robert Leahy www.psychologytoday.com/blog/anxiety-files

Blog by Dr. Leahy, author of "The Worry Cure", discussing a variety of anxiety issues, and describing straight forward, powerful cognitive techniques for coping with anxiety and worry.

[The Worry Cure & Seven Steps to Overcoming Worry](#)

Streaming audio of lectures by Dr. Leahy: on YouTube, search using "the worry cure Leahy".

Guided Imagery Practices from Health Journeys www.healthjourneys.com

Offers CDs and mp3 files of audio guided visualization / relaxation training exercises for a wide range of medical and psychological issues. The site offers free resources, with samples and brief reviews of current research on the benefits of imagery and similar treatments.

A free selection of HJ guided imagery practices is available through Kaiser's Health & Wellness Podcasts

www.kp.org/listen You'll need to download the practice to hear it in full. Practices includes help for:

Insomnia

Pain control

Anger

Anxiety and/or Panic

Smoking cessation

Grief

Stress

Self-confidence (good for test or performance anxiety)

Ecouch

www.ecouch.anu.edu.au/new_users/welcome01

Free interactive website with information, exercises and strategies for guided cognitive-behavioral treatment.

The program includes five separate programs relating to depression, anxiety and worry, social anxiety, divorce and separation, and bereavement and loss.

Overview of the Four Steps Method for OCD (and other anxiety problems)

<https://youtu.be/kuABDAAns7w> Jeffery Schwartz, M.D., research psychiatrist at ULCA and "author of Brain Lock" outlines an effective self-help method of dealing with OCD and excessive worry. More at www.jeffreyschwartz.com/resources

Generalized Anxiety - self-help

<http://psychcentral.com/disorders/anxiety/> Description of GAD and basic approaches to reducing anxiety.

PsychCentral.com is a good general resource for mental health information.

Anxiety Disorders Association of America

www.adaa.org

Information on the various types of anxiety disorders, how to find help, ways of coping with and reducing anxiety, as well as resources for professionals. Lots of very good videos.

Other great websites:

www.socialphobia.org; www.calmclinic.com/; www.ptsdinfo.org; www.margaretwehrenberg.com/blog/; www.ocdla.com