

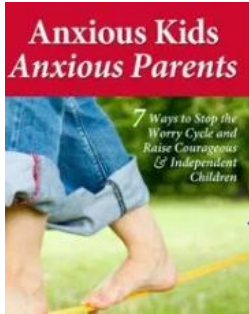


## Websites and printed materials:

Anxiety Canada

Foothills Academy: comprehensive online library


ADDITUDE MAGAZINE



Calgary Public Library free audio download

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

## Videos: (click on titles)

mental health literacy  (previously TeenMentalHealth.org)

- ✓ How stress can be normal, necessary and helpful (Junior High to Adult)
- ✓ Stress Explained (Elementary Ed)
- ✓ Mental Health Literacy Pyramid Explained

## Anxiety Canada

- ✓ Confidence Builder
- ✓ Short read for when you “blank out”

**How to make stress your friend Kelly McGonigal:** a good watch for when you are stressed about anything- from homework to exams, or any other reason you could be stressed

## For parents to assist children in elementary grades

## Tips for College students

## Study Buddy - Pomodoro method (no ads!)

## Learning How to Learn Courses (free from Coursera! Dr. Barbara Oakley)

- ✓ Powerful mental tools to help you master tough subjects
- ✓ For Youth

## Mind Maps