

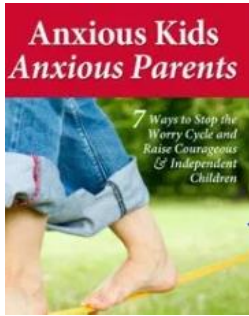
Websites and printed materials: (click on titles)

Anxiety Canada

Foothills Academy: comprehensive online library

ADDITUDE MAGAZINE

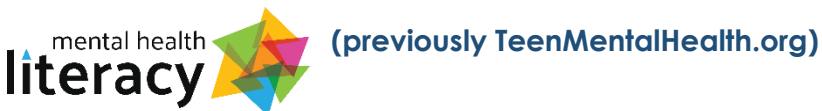
Child Mind Institute



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)



- ✓ 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