









Anxiety Self-Management Resources

The following tools are free self-help resources for managing anxiety. The smartphone app and self-help videos provide information about anxiety and how to cope with it. The mindfulness/breathing exercises are short activities that can be used in moments of high anxiety.

RESOURCES	DESCRIPTION	LINKS
SMARTPHONE APP		
Mindshift—CBT Anxiety Relief (Anxiety Canada)	<ul style="list-style-type: none"> • CBT tools: challenge negativity, develop better ways of thinking, practice mindfulness and relaxation 	play.google.com apps.apple.com/
ONLINE		
Self-Help Videos		
Self-Help Toons	<ul style="list-style-type: none"> • Self-help videos on therapy and mental health, including anxiety and cognitive behavioural therapy, also known as CBT 	www.selfhelptoons.com 
Workbook		
Workbook: Helping Health Anxiety (Government of Western Australia)	<ul style="list-style-type: none"> • Modules include worksheets and suggested activities 	www.cci.health.wa.gov.au 
Mindfulness/Breathing Exercises		
Mindfulness for those with COPD, asthma, lung cancer, and lung transplantation	<ul style="list-style-type: none"> • 2-page handout: mindful breathing exercises for those with chronic lung conditions 	www.thoracic.org 
5-Finger Breathing (DrJud)	<ul style="list-style-type: none"> • Video (7 min) • To help reboot brain, calm down, be present 	www.youtube.com/ 
5-4-3-2-1 Coping Technique for Anxiety	<ul style="list-style-type: none"> • Written description of an exercise using all your senses 	www.urmc.rochester.edu/ 
Dropping Anchor (BHS BRYT)	<ul style="list-style-type: none"> • Video (3 min) • A guided meditation exercise for grounding and soothing anxiety 	www.youtube.com 
3-Minute Breathing Space (Epworth Healthcare)	<ul style="list-style-type: none"> • Video (5 min) • A brief breathing exercise for soothing anxiety 	www.youtube.com 