

ANXIETY TOOLBOX SUGGESTIONS (SUMMARY)

Meditation Apps that have specific content on Anxiety, Stress and Sleep:

- **Headspace**
 - <https://www.headspace.com/covid-19>
- **Ten Percent Happier**
 - <https://www.tenpercent.com/coronavirussanityguide>
- **Calm**
 - <https://www.calm.com/>
- **Mindfulness Coach**
 - <https://www.mobile.va.gov/app/mindfulness-coach>

Exercise!!

- **Why to do it?**
 - <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- **Online options**
 - <https://psychiatry.ucsf.edu/coronavirus/coping#c>

Quick Anxiety Reduction Exercises

- **Breathing Exercises**
 - <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises>
- **Breathing and Grounding Exercises**
 - <https://podcasts.apple.com/be/podcast/how-to-calm-down-when-you-feel-anxious/id348096293?i=1000344681367> (start at 1:15)
- **Wellness Check in**
 - <https://www.thingsarelookingupheroes.com/>

On-line/Self-directed Anxiety Courses:

- **Unwinding Anxiety**
 - <https://www.unwindinganxiety.com/>
- **This Way Up**
 - <https://covid19.thiswayup.org.au/>
- **CBT for Insomnia**
 - <https://www.mobile.va.gov/app/cbt-i-coach>

Anxiety Workbooks:

- **Mind over Mood**
 - <https://www.mindovermood.com/info.html>
- **The Anxiety and Phobia Workbook**
 - <https://www.newharbinger.com/anxiety-and-phobia-workbook-sixth-edition>
- **This Way Up**
 - <https://covid19.thiswayup.org.au/>

Book Recommendations (see below)

Crisis Resources (see below)

ANXIETY TOOLBOX SUGGESTIONS (DETAILS)

Meditation and Mindfulness Apps

Many popular and easy to use meditation apps have created content that directly address the increase in Covid19 related anxiety. HEADSPACE and 10%HAPPIER have 1-20 minute long audio and video exercises intended to reduce anxiety as well short “courses” on dealing with stress. Although they are considered meditation apps there is likely something that will appeal to most people in terms of content and length. Some of the content is available for free or a reduced price right now. CALM is also quite popular and has a strong focus on sleep with sleep “stories”. The VA has a MINDFULNESS COACH app that has always been free and does not collect personal data.

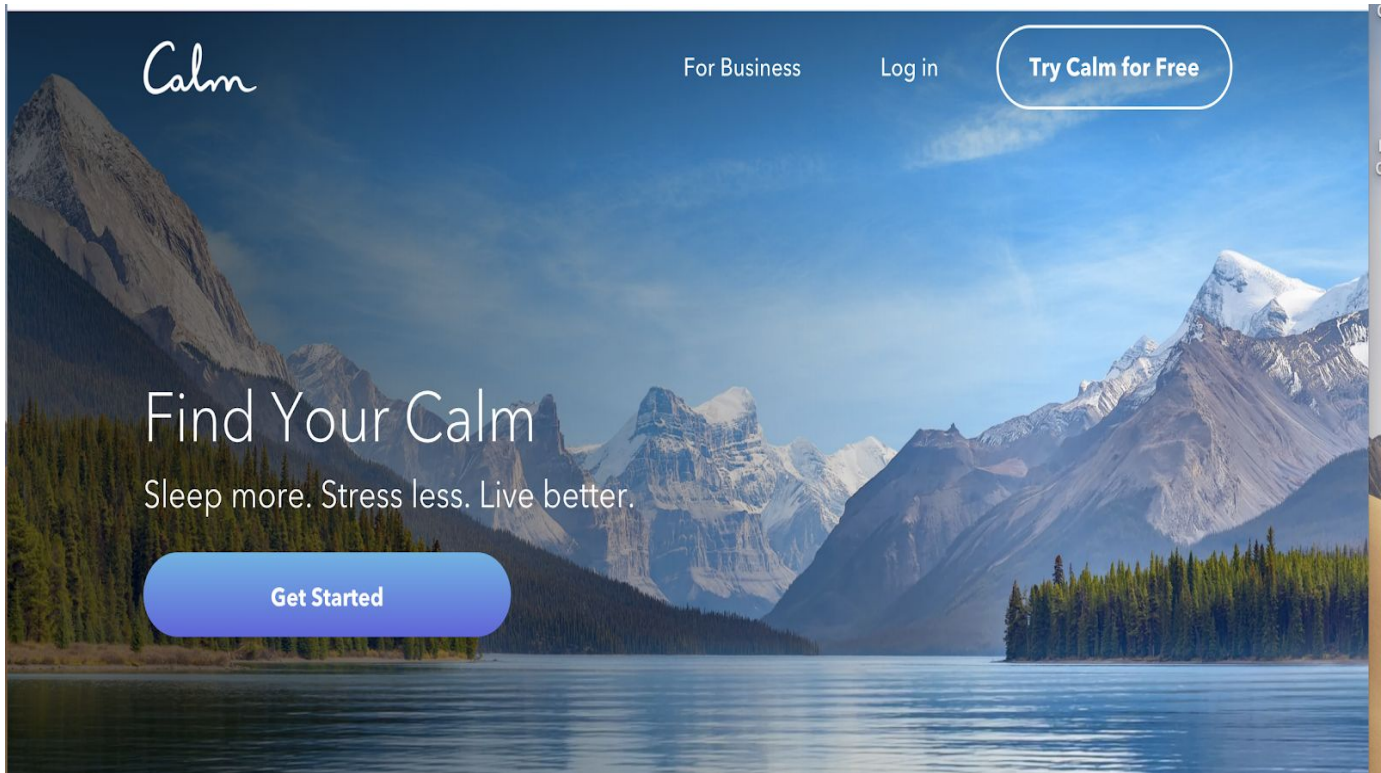
<https://www.headspace.com/covid-19>

The screenshot shows the Headspace website with a blue header banner that reads: "Headspace is offering free support during the current global crisis. Get help now>>". Below the banner is the Headspace logo and navigation links: "THE SCIENCE", "BLOG", "FOR WORK", "HOW TO MEDITATE", "HELP", "LOG IN", and a "Try for free" button. The main content area features three cards: 1. "Learn a mindful approach" with a bowl icon and text: "Explore guided exercises, videos, and more to help you get healthier and happier." 2. "Headspace loves science" with a bar chart icon and text: "Just 10 days of Headspace can increase happiness by 16%." 3. "Join over 60 million" with a group of people icon and text: "Connect with friends and over 60 million people benefiting from mindfulness." A "Try for free" button is at the bottom.

<https://www.tenpercent.com/coronavirussanityguide>

The screenshot shows the Ten Percent Happier website with a black header banner that reads: "Click here for the FREE Coronavirus Sanity Guide, designed to help you cope with this moment of uncertainty and anxiety." Below the banner is the Ten Percent Happier logo and navigation links: "LIVE", "CORONAVIRUS SANITY", "MEMBERSHIP", "GIFT", "PODCAST", "NEWSLETTER", "BOOKS", a "TRY FREE" button, and a search icon. The main content area features a large image of a woman meditating with red headphones. Text on the left reads: "Meditation for a happier, healthier you." and "Learn to meditate from the world's top mindfulness experts." A "TRY FREE" button is at the bottom left.

<https://www.calm.com/>



<https://www.mobile.va.gov/app/mindfulness-coach>

VA Mobile[ABOUT](#) [VA APP STORE](#) [NEWS & DISCUSSIONS](#)



VETERANS
Mindfulness Coach
★★★★★ Average: 3.6 (132 votes)
[Download on the App Store](#) [GET IT ON Google Play](#) 

[Description](#) | [Feedback to VA](#)

Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.

Mindfulness Coach 2 was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. Mindfulness Coach also offers a library of information about mindfulness, 12 audio-guided mindfulness exercises, a growing catalog of additional exercises available for free download, goal-setting and tracking, a mindfulness mastery assessment to help you track your progress over time, customizable reminders, and access to other support and crisis resources.

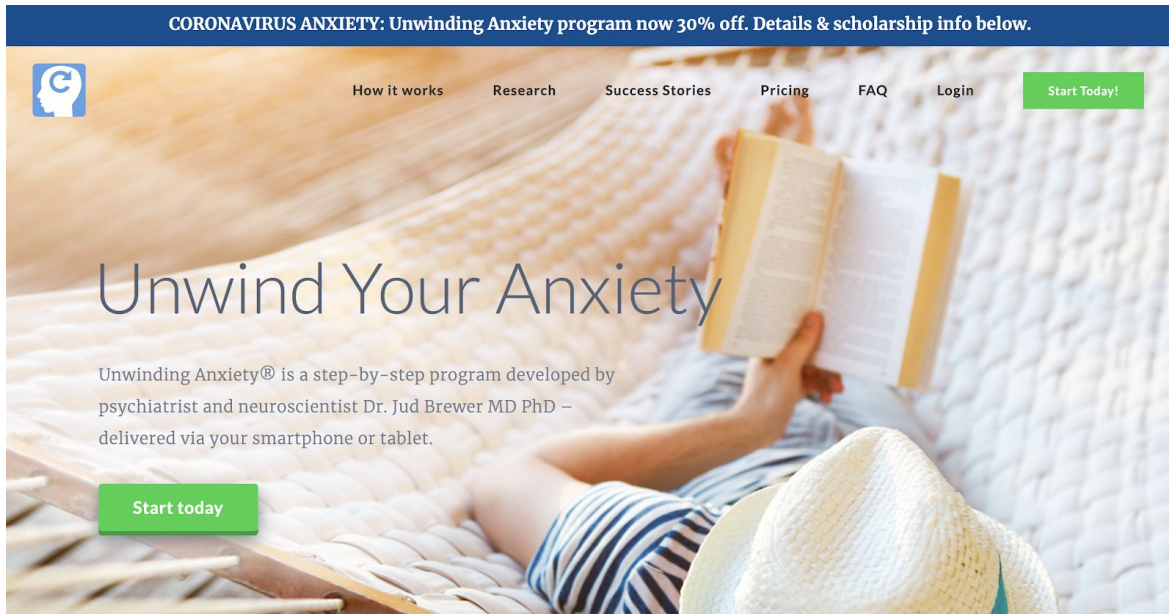
Mindfulness Coach was created by VA's National Center for PTSD.



On-line/Self-directed Anxiety Courses:

These are some options for those that are interested in doing some anxiety therapy work, but are not ready to commit to regularly scheduled sessions or work with an individual therapist. UNWINDING ANXIETY is an on-line video course - for a fee that is discounted right now - that also offers some direct expert interactions and community support, THISWAYUP has free workbooks that can be downloaded as well as free on-line courses; however, is based in Australia so support resources are not helpful. CBT-i COACH is through the VA, also free and does not collect personal data, focussed specifically on CBT for insomnia.

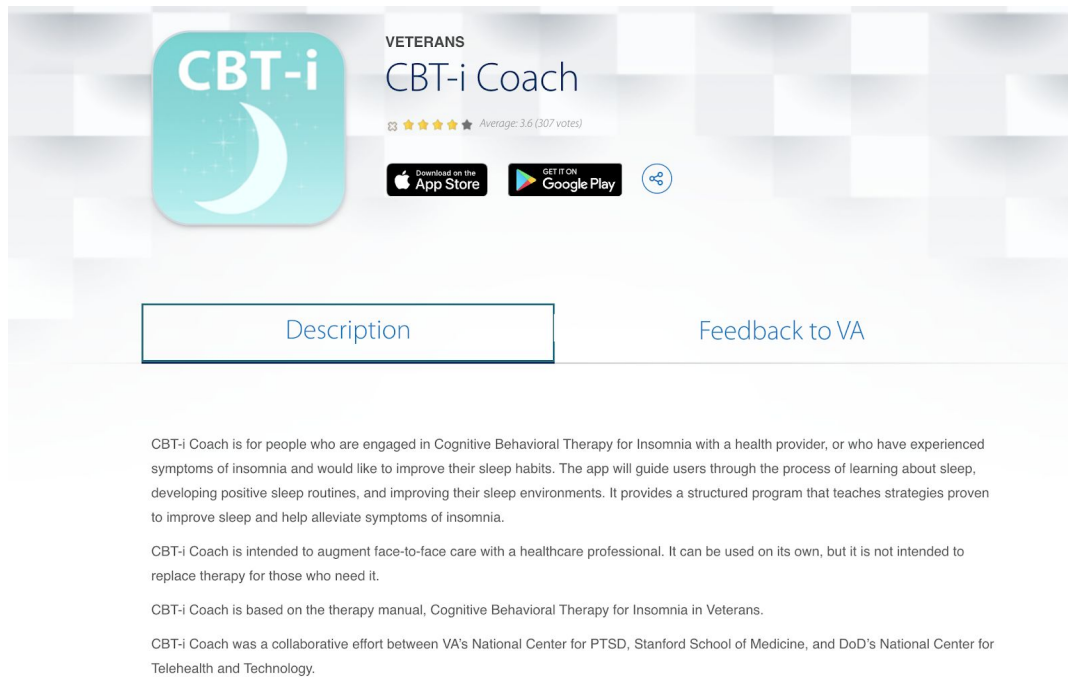
<https://www.unwindinganxiety.com/>



<https://covid19.thiswayup.org.au/>



<https://www.mobile.va.gov/app/cbt-i-coach>



Exercise:

This article does a great job summarizing how much exercise helps mental health. Reminder - it doesn't take much to see the benefits! Some on-line class options listed below:

“Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don’t have to be a fitness fanatic to reap the benefits. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.”

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

Class options (from (<https://psychiatry.ucsf.edu/coronavirus/coping#c>)

- [Planet Fitness](https://www.facebook.com/planetfitness/) live streams classes everyday at 4pm PST, 7pm EST:
- <https://www.facebook.com/planetfitness/>
- [J&J Official 7-Minute Workout](#) is a free workout library containing 22 preset workouts, varying in intensity and duration. Workouts are designed to fit your schedule and range from 7 to 32 minutes in length.
- [Wakeout](#) comes with hundreds of exercises you can do right at your desk, such as yoga, chair exercises, and hand health exercises to stay productive, energized, and healthy.
- [YogaWorks](#) offers around 80 live streaming, high quality free classes each day.
- [Do Yoga With Me](#) and [Yoga with Adrienne](#) offer free yoga videos for everyone.

- [Down Dog Yoga](#) is free to all until May 1. If you are a student or teacher, Down Dog is free until July 1 when you register with your school's domain.
- [Core Power Yoga](#) offers free classes online.
- [Zumba dance concert videos](#) offer great workouts.
- A vigorous 30-minute [Vinyasa yoga class](#) with master teacher Janet Stone
- [Peloton](#) is offering a 90-day trial of their digital membership, which offers streams of live/recorded group classes from a closed set. (It doesn't require their bike to access classes on cycling, strength training, yoga, and meditation.)
- [The Workout.Today](#) is a daily email newsletter with a free workout that you can do at home. They are also offering live yoga and live workouts during this time.

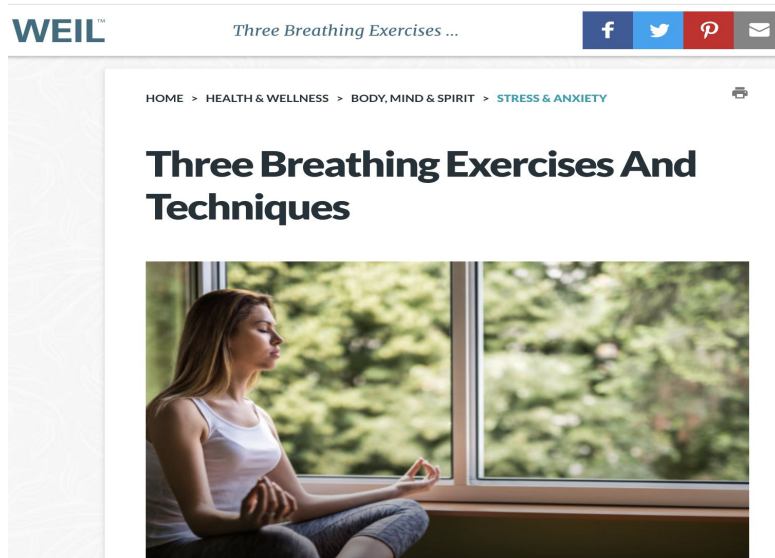
Getting Vitamin D:

Low vitamin D levels (< 30) have been associated with a higher risk of anxiety and depressive symptoms. The Stay at Home orders have been keeping a lot of people inside more than usual. Consider the best way to reduce the risk of low vitamin D levels - through diet, supplements or sunshine.

Brief Wellness Exercises/Podcast Episodes Related to Anxiety:

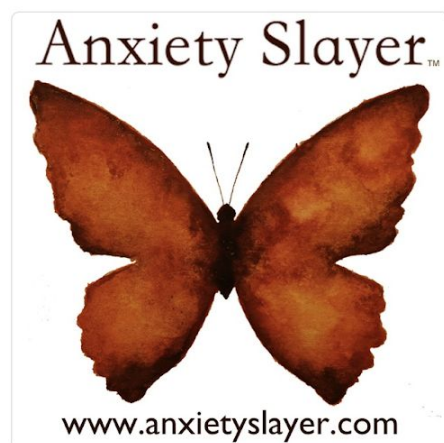
There are many, many of these guides circulating. These options walk people through the actual steps of how to breathe or calm down when anxious as well as a wellness check in method exercise for health care workers "Heroes Helping Heroes" that can be useful for anyone interested .

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises>



<https://podcasts.apple.com/be/podcast/how-to-calm-down-when-you-feel-anxious/id348096293?i=1000344681367>

Apple Podcasts Preview



8 min

PLAY ►

How to Calm Down when You Feel Anxious

Anxiety Slayer™ with Shann and Ananga

Mental Health

[Listen on Apple Podcasts ↗](#)



In this week's podcast, we're answering a question about quick and easy ways to calm down when your anxiety spikes.

With over 6.8 million downloads and hundreds of episodes, Anxiety Slayer™ is an award-winning podcast for anyone suffering from PTSD, panic attacks, stress, and anxiety. Listen in for a rich collection of supportive conversations, meditations, relaxations, and breathing techniques to help you feel calm, centered and relaxed. Join us for weekly podcasts for your peace of mind and personal growth. Celebrating 10 years! www.anxietyslayer.com.

[Episode Website ↗](#)

[More Episodes](#)

<https://www.thingsarelookingupheroes.com/>

THINGS
ARE
LOOKING
UP

presents "HEROES HELPING HEROES" : A free emotional health resource to help healthcare heroes fighting COVID-19

The Mission: To arm our healthcare heroes of all levels on the frontline with holistic + science based, practical, self-mastery tools that support emotional wellness, aid to decrease stress + help to cultivate more optimism + resiliency.

A wellness check in method loosely inspired by the "battle buddy" system used by the US Army.

Developed by Dr. Deepika Chopra, Optimism Doctor® + Founder of Things Are Looking Up

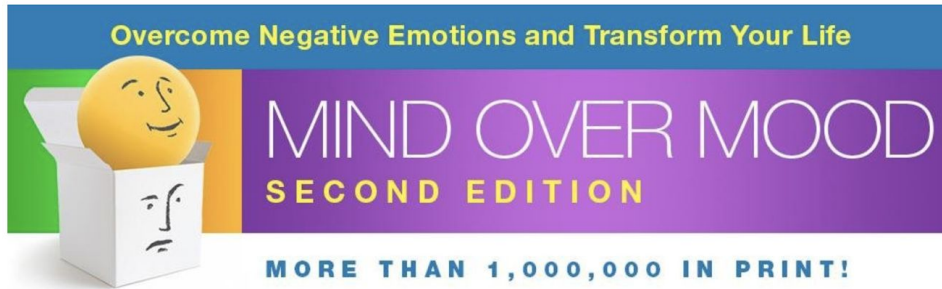
Anxiety Workbooks:

For those that want to spend less time on-line and use a traditional anxiety workbook, here are two well-known ones - MIND OVER MOOD and the ANXIETY AND PHOBIA WORKBOOK. The website above - THISWAYUP (<https://covid19.thiswayup.org.au/>) - includes links to several workbooks that can be downloaded.

<https://www.mindovermood.com/info.html>

MIND OVER MOOD

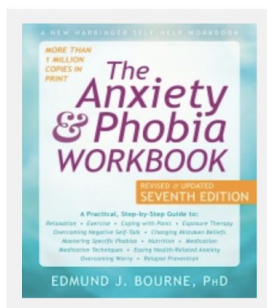
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- Order direct from the publisher, Guilford Press (print and e-book), or at your favorite online bookseller, including Apple, Amazon, Barnes & Noble, eBooks.com, and Google Play Books.

<https://www.newharbinger.com/anxiety-and-phobia-workbook-sixth-edition>



The Anxiety and Phobia Workbook

Seventh Edition

Edmund J. Bourne

★★★★☆ Reviews (0)

Printer Friendly

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Paperback

ISBN: 9781684034833

Availability: preorder

\$25.95

Add to cart

Pages: 528

Series:

Imprint: [New Harbinger Publications](#)

Publication date: May-01-2020

Categories: [General Anxiety - GAD](#), [Panic and Agoraphobia](#), [Social Anxiety and Shyness](#), [Specific Phobias](#)

Product Code: 44833

About the Book

Celebrating 30 years as a classic in its field and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* is an unparalleled, essential resource for people struggling with anxiety and phobias.

Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. Tackle the fears that hold you back with this go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll find an arsenal of tools for quieting worry, ending negative self-talk, and taking charge of your anxious thoughts, including:

New Harbinger Cares
About Your Mental Health

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challenging times, we're offering

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Other Book/Guidebook Recommendations:

- 1) Wherever You Go, There You Are by Jon Kabat-Zin
- 2) Getting Unstuck by Pema Chodrom
- 3) The Heart of Buddha's Teachings by Tich Nhat Hahn
- 4) Lovingkindness by Sharon Salzburg
- 5) Going to Pieces without Falling Apart by Mark Epstein
- 6) Helping Your Anxious Child by Spence, Rapee, et al
- 7) Zen and Art of Motorcycle Maintenance - by Robert Pirsig
- 8) https://covid19.ca.gov/img/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf

Crisis Resources:

APA Coronavirus Resources

If you are a patient or family member or friend in need of immediate assistance:

- Disaster Distress Helpline ([SAMHSA](#))
 - Call 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline ([Link](#))
 - Call 800-273-8255 or [Chat with Lifeline](#)
- Crisis Textline ([Link](#))
 - Text TALK to 741741
- Veterans Crisis Line ([VA](#))
 - Call 800-273-8255 or text 838255
- National Domestic Violence Hotline
 - Call 1-800-799-7233/ 1-800-787-3224
 - <https://www.thehotline.org/help/>
 - <https://ncadv.org>