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### RESOURCES/SUGGESTED READING:

- The Artist's Way by Julia Cameron
- Battlefield of the Mind by Joyce Meyer
- CBT Toolbox for Depressed, Anxious & Suicidal Children and Adolescents by David Pratt, PhD, MSW (USED by Therapist)
- Essential Art Therapy Exercises (Effective Techniques to Manage Anxiety, Depression, and PTSD by Leah Guzman, ATR-BC (USED by Therapist)
- Living Free by Beth Moore
- Me, Myself, and Lies Workbook & Book by Jennifer Rothschild
- Stories for Children by Nancy Davis
- Uninvited & Forgiving What You Can't Forget by Lysa Terkeurst
- The Vein of Gold by Julia Cameron
- What does it mean to be Chosen by Amanda Jenkins, Dallas Jenkins, Douglas S. Huffman
- VIDEO: [https://www.youtube.com/watch?v=w\\_2STJAJhJM](https://www.youtube.com/watch?v=w_2STJAJhJM) Battling & Overcoming Anxiety - BBC

### BIBLE APP PLANS

- Goodbye, Self-Doubt
- Peace
- Who Controls your Thoughts
- The Negativity Remedy
- Winning the War in Your Mind
- Pray Your Way Through Uncertainty
- Fighting Fear and Anxiety with the Promises of God
- Battlefield of the Mind Devotional
- Anxiety & Depression: Finding Hope with Michelle Williams
- Putting an X through Anxiety
- Unglued
- Anxious for Nothing
- Enemies of Your Heart

### CARDS/GAMES/MISC

- Art Therapy for Anxiety & Depression by Corrina Spelts (TYPICALLY USED BY A THERAPIST)
- CBT – 123 Card Deck & Game by Play Therapy Supply
- Melt Anxiety and Relax: Card Deck for Kids by Jennifer L. Abel, PhD & Barbra Danin, LMFT, ATR (USED BY THERAPIST)
- POP IT Anxiety Toy, Fidget Spinners, etc.
- Art- making (DIRECTIVES BY A THERAPIST), Legos, Exercising, Play