

Anxiety

Books available at the Columbus Metropolitan Library

PICTURE BOOKS

- Gloria's Big Problem** by Sarah Stiles Bright, 2020. Picture Book BRIGHT
Gloria loved to sing and dance but not in public, thanks to her "Big Problem" who convinced her she was anxious, frightened and not good enough...until one day she'd had enough. (Grades K-3)
- Wemberly Worried** by Kevin Henkes, 2000. Picture Book HENKES
Wemberly, a mouse, worries about everything, including her first day of school. (Grades PreK-2)
- A Whale of a Mistake** by Ioana Hobai, 2020. Picture Book HOBAL
A girl makes a big mistake and worries that it will impact the rest of her life. She swims out to sea with her "whale of a mistake" where she discovers how to learn from it and let it go. (Grades K-3)
- Brave Every Day** by Trudy Ludwig, 2022. Picture Book LUDWIG
Camila learns how to be brave in the face of worries when a class visit to an aquarium brings anxiety and fear. (Grades K-3)
- Ruby Finds a Worry** by Tom Percival, 2018. Picture Book PERCIVAL
Ruby is a happy and curious girl who one day finds something unexpected: a Worry. Every day the worry gets bigger until she learns from a friend how to make the worry go away. (Grades PreK-2)

JUVENILE FICTION

- Every Missing Piece** by Melanie Conklin, 2020. Fiction CONKLIN
Since her dad died in a terrible accident, Maddy has worried a lot. She conducts frequent safety checks and constantly calls the police. A new boy in town is cause for concern. (Grades 3-6)
- Five Things about Ava Andrews** by Margaret Dilloway, 2020. Fiction DILLOWAY
Everyone thinks Ava never talks because she is stuck up. What they don't know is that she is quietly trying to deal with two troubling problems—anxiety and a heart disorder. (Grades 3-6)
- Stuntboy, in the Meantime** by Jason Reynolds, 2021. Fiction REYNOLDS
Portico copes with "the frets" through his secret identity as the superhero Stuntboy. (Grades 3-6)
- Living with Viola** by Rosena Fung, 2021. J 741.5 F981L
Livy struggles to fit in at her new school while also dealing with "Viola," her anxiety. (Grades 4-7)
- Guts** by Raina Telgemeier, 2019. J 741.5 T271g
Twens will appreciate the author's graphic novel depiction of her younger self learning how to cope with the emotional and physical aspects of an anxiety disorder. (Grades 3-7)

TEEN FICTION

The Words We Keep by Erin Stewart, 2022. Fiction STEWART
Lily Larkin must learn how to deal with her own anxiety after her sister Alice starts experiencing debilitating mental health problems. (Grades 9-12)

Micah, the Good Girl by Ashley Woodfolk, 2020. Fiction WOODFOLK
The death of Micah's brother upends her life. Now facing anxiety, panic attacks, and her first serious boyfriend, does Micah still want to be the "good girl" she has always been? (Grades 9-12)

NON-FICTION

Feeling Nervous by Amber Bullis, 2020. J 155.41246 B978f
Learn more about understanding and coping with emotions such as fear and anxiety. (Grades 2-5)

When My Worries Get Too Big by Kari Dunn Buron, 2013. J 618.928522 B967w2
A relaxation activity book to help children who live with anxiety. (Grades K-2)

Coping Skills for Kids Workbook by Janine Halloran, 2018. J 155.4189 H192c
Over seventy-five coping strategies to help kids deal with stress and anxiety. (Grades K-8)

Why Do I Feel So Worried? by Tammi Kirkness, 2022. J 152.46 K59w
Kids can follow this flowchart with an adult to learn how to cope with different kinds of anxiety. (Grades K-8)

Bundle of Nerves: A Story of Courage by Mari Shuh, 2018. J 152.46 S385b
Facing your fears takes courage. Follow Luis on his first day of school as he courageously overcomes situations that have triggered his anxiety. (Grades K-2)

TEEN NON-FICTION

The Stress Survival Guide for Teens by Jeffrey Bernstein, 2019. T 155.518 B531s
Includes cognitive behavioral techniques to help you worry less, develop grit and live your best life. (Grades 7-12)

My Anxiety Handbook: Getting Back on Track by Sue Knowles, 2018. T 152.46 K73m
Fun and simple strategies for teens on how to recognize and manage symptoms of anxiety. (Grades 8-12)

Rewire Your Anxious Brain for Teens by Debra Kissen, 2020. T 616.8522 K61r
Provides scientific explanations, real world examples, and cognitive behavioral therapy tools to overcome anxiety for teens. (Grades 9-12)