

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)

What If...? by Anthony Browne, 2014. Picture Book BROWNE
What if Joe doesn't like the party he is going to? What if he doesn't like the food or the games or the people? Joe's imagination runs wild as he and his mom walk to a party. (Grades K-3)

Wemberly Worried by Kevin Henkes, 2000. Picture Book HENKES
A mouse named Wemberly, who worries about everything, finds she has a whole list of things to worry about when she faces the first day of school. (Grades PreK-2)

A Whale of a Mistake by Ioana Hobai, 2020. Picture Book HOBAI
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)

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)

Small Things by Mel Tregonning, 2018. Picture Book TREGONNING
In this wordless graphic picture books, a young boy struggles with anxiety that is represented by swarms of tiny creatures until he seeks help from his sister. (Grades 3-8)

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 a new 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)

Naked Mole Rat Saves the World by Karen Rivers, 2019. Fiction RIVERS
A tween girl transforms herself into a naked mole rat to help cope with her anxiety. (Grades 4-6)

Sam Wu is Not Afraid of the Dark by Katie Tsang, 2019. Fiction TSANG
Sam is certain he has no fears of the dark until he embarks on a camping trip. (Grades 1-4)

TEEN FICTION

The Opposite of Falling Apart by Micah Good, 2020. Fiction GOOD
Jonas and Brennan each hope to better manage their anxiety triggers before soon going off to college. Their new romantic relationship may both help and hurt this process. (Grades 9-12)

Highly Illogical Behavior by John Corey Whaley, 2016. Fiction WHALEY
Agoraphobic sixteen-year-old Solomon has not left their house in three years, but Lisa is determined to change that and write about it for a college essay contest. (Grades 8-12)

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
Includes over seventy-five coping strategies to help kids deal with stress and anxiety. (Grades K-8)

Outsmarting Worry by Dawn Huebner, 2018. J 155.41246 H887o
Specific skills for tweens, teens and caregivers that make it easier to face, and overcome, worries and fears. (Grades 4-8)

Bundles 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)

Guts by Raina Telgemeier, 2019. J 741.5 T271g
Tweens 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 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)

Superhero Therapy by Janina Scarlet, 2017. T 616.8522 S286s
Channel your inner superhero and learn to use mindfulness skills to help deal with anxiety, depression and trauma. (Grades 6-12)

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