

Tools/Links/Resources for children:

Below are a couple of tools that children often find helpful for dealing with their anxiety.

- 1) Clear Fear App: This app uses evidence-based cognitive behavioural therapy (CBT) to help people with anxiety and fear. It teaches users how to breathe, relax, and be mindful in order to reduce physical response to threat, to change thoughts, and to release emotions.
<https://www.clearfear.co.uk/>

- 2) MindShift CBT App: This app was developed by Anxiety BC. Similar to Clear Fear, it uses scientifically proven strategies based on CBT. It helps individuals take control of their anxiety through CBT-based tools, coping cards, thought journals, goal setting, etc.
<https://www.anxietycanada.com/resources/mindshift-cbt/>

- 3) Breathing Balloon: A simple breathing exercise that can be done anywhere.
<https://kidshelpphone.ca/get-info/breathing-balloon>