

Online Self-Help Resources for Anxiety

The Anxiety Files, by Dr. Robert Leahy

<http://www.psychologytoday.com/blog/anxiety-files>

Blog by Dr. Leahy, addressing all aspects, types and degrees of anxiety, describing simple and powerful techniques for coping with anxiety and worry.

Seven Steps to Overcoming Worry, by Dr. Robert Leahy

<https://louisville.edu/depression/education/seven-steps1.html>

Streaming video of a lecture by Dr. Leahy, author of The Worry Cure

Guided Imagery Practices to Aid Anxiety & Panic

www.healthjourneys.com Sells CDs and mp3 files of guided visualization / relaxation training exercises for a wide range of medical and psychological issues. Site has many free resources, including brief reviews of current research on the benefits of imagery and similar treatments.

<https://members.kaiserpermanente.org/redirects/listen/> A selection of free HJ guided imagery practices, including exercises to help with insomnia, anxiety/panic, pain control and stress, to be streamed or downloaded.

Ecouch

http://ecouch.anu.edu.au/new_users/welcome01

Free interactive website with information, exercises and strategies to treat anxiety and depression, using a cognitive-behavioral approach.

Overview of the Four Steps Method for OCD (and other anxiety problems)

<http://www.ocduk.org/2/foursteps.htm>

Jeffery Schwartz, M.D., "author of Brain Lock", outlines an effective self-help method of dealing with OCD and anxious worries

Generalized Anxiety - self-help

<http://www.anxieties.com/gad.php>

Description of GAD and basic approaches to reducing anxiety

Emotional Freedom Technique

<http://www.eftuniverse.com/>

Emotional Freedom Technique is an emotional regulation and calming strategy based on traditional Chinese medicine that can be self-administered.