

ANXIETY/PTSD/DEPRESSION MANAGEMENT EDUCATION & TOOLS

Google Search: “Podcasts on Anxiety” to find additional options or activate the “Podcasts” program already on many iPhones if that’s a better route for you. I can’t vouch for everything out there so you’ll have to do your research and sampling of programs, APP’s, forums, etc. to find one or more that speak to you and are most helpful for your individual needs. Also searching Support Groups for your specific problem area can often produce options for in person or online support.

- The Anxiety Coaches podcast with Gina Ryan on **STITCHER.com**
 - Type in Anxiety in Search once you’re on Stitcher website
 - Search for PTSD or Depression also if that’s your need
- Use other podcast platform of your choice & do a search
- Conquer Stress, Depression & Anxiety podcast by Dr. Bob Acton on iTunes – Free
- The Anxiety Guy on YouTube.com. You can go to YouTube and put Anxiety Guy in search; also: www.anxietyexit.com to Podcast Home: Dennis Simsek is the anxiety guy.
- Online PTSD forum; many people have PTSD who are not veterans so check out the forum www.myptsd.com for support and reading materials.

Other highly recommended strategies:

- Go to your APP store on phone or other device you would use most and search with key words: [Mindfulness or Meditation](#) and find an APP to start doing daily mindfulness/meditation practice.

This takes regular practice and being informed of the key mindfulness concepts in order to become more proficient at applying them to daily life stressors that activate anxiety.

- A couple APP's to consider among others you find include:
 - Headspace
 - Calm
 - iSleepEasy
- Expert Education on Trauma and Autonomic Nervous System:
 - YouTube:
 - Dr. Stephen Porges on relevance of PolyVagal theory, which relates to reactions to frightening/traumatic situations.
 - Dr. Jaak Panksepp on Brain Circuits and the biological systems of emotions
 - Dr. Bessel Van der Kolk-psychiatrist & trauma expert
 - Dr. Daniel Siegel-psychiatrist, researcher

BOOKS:

Trauma and/or EMDR:

1. Francine Shapiro, Ph.D. Getting Past Your Past (EMDR founder)
2. Judith Hermann, M.D. – expert in trauma; search her name and peruse book choices best suited for you.
3. Bessel Van der Kolk, M.D. – expert in trauma; search for book choices & talks online
4. Aphrodite Matsakis Ph.D., I Can't Get Over It: A Handbook for Trauma Survivors
5. Dan Siegel, M.D.- Trauma and Mindfulness expert; search his name and YouTube for his books and talks

Anxiety/Panic:

1. Reid Wilson, Ph.D. Don't Panic: Taking Control of Panic Attacks
2. Edmund Bourne, Ph.D. Anxiety & Phobia Workbook
3. David Burns, M.D. Feeling Good: The New Mood Therapy
4. Jerilyn Ross, Ph.D. Triumph Over Fear: Book of Help and Hope for People with Anxiety, Panic Attacks and Phobias
5. George Zgourides, M.D. Stop Worrying About Your Health

Depression:

1. David Burns, M.D. Feeling Good: The New Mood Therapy
2. David Burns, M.D. Ten Days To Self Esteem Workbook
3. Ronald Podell, M.D. Contagious Emotions: Staying Well When Your Loved One Is Depressed