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resource to help young people understand

different types of anxiety and how to manage

them, including panic attacks, phobias,

social anxiety, generalised anxiety and

obsessive compulsive disorder.

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In Starving the Anxiety Gremlin for Children Aged 5-9, Kate Collins-Donnelly offers children, parents and professionals working with children the strategies they need to develop an understanding of anxiety and how to effectively manage it. The fun activities help readers to apply the learning to themselves and to practice proactive thinking to strengthen self-belief.

Starving the Anxiety Gremlin for Children Aged 5-9: A ...

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The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviors, and watch him shrink!

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Starving the Anxiety Gremlin discusses panic attacks, phobias, social anxiety, generalized anxiety, and obsessive compulsive disorder. This engaging workbook uses fun activities and real life stories, and can be used by

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young people on their own or with a parent or practitioner.

Socialthinking - Starving the Anxiety Gremlin
Starving The Anxiety Gremlin. This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety.

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The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away.

Starving the Anxiety Gremlin: A Cognitive Behavioural ...

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

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