



melmed center

# Anxiety and Stress

These challenges can be frustrating, even scary to live with! With the right support and practice, you can better understand your moods and make changes so your life is more peaceful. Your individualized treatment plan should enhance success in the critical areas of your life: family, school, friends and self.

The following key strategies frequently assist with Anxiety, Stress and Depression:

## **Therapeutic Counseling**

- Psychologists at the Melmed Center provide therapeutic counseling. Individual therapy can be vital, and daily stressors impact family well being.
- Although Melmed Center psychologists are not contracted with insurance you may be reimbursed by your current plan for out of network services. Contact your insurance to obtain a list of counselors that may be covered under your plan.

## **Skill Building**

- **Chill Out!** Is a group for children that are facing multiple life stressors and can get "stuck" on needless worries. Boys and girls learn to identify manifestations of stress and anxiety, and are taught the tools needed to move forward.
- Building skills decreases stress, enhances strengths, and develops the areas of challenge. This process is reviewed in the handout "Chill Out". Use these stress management strategies, focusing on the following 4-step process:
  1. Deep Breathing
  2. Progressive muscle relaxation
  3. Visualization
  4. Positive Self Statements

## **Books**

### ***(Available at the Melmed Center)***

- Helping Your Anxious Child by Ronald Rapee
- Don't Pop Your Cork on Monday by Adolph Moser
- Chill Out Strategies by Raun Melmed
- Don't Despair on Thursday, The Children's Grief-Management Book by Adolph Moser
- Don't Rant and Rave on Wednesday : The Children's Anger Control Book by Adolph Moser
- The Angry Self by Miriam Gottlieb
- The Explosive Child by Ross Greene
- Don't Feed the Monster on Tuesday by Adolph Moser

## **Audio**

- Imagery for Kids-Discovering Your Special Place by C. Reznick  
*An audio-tape combining gentle music and guided imagery available at 310-393-2416*
- Relaxation Imagery For Children by Weinstock  
*An audio-tape for children ages 6-12 offering a trip through the woods and calming stroll by the ocean.*
- Magical Child Meditation by B Springfield [www.enlightenu.com](http://www.enlightenu.com)
- Soothing Music 1-800-262-1883  
*Background music at 60 beats/min, set of 3 \$38.00 # CPC6000*
- Andrew Weil, MD, has a number of deep breathing CD's
- Relaxing CD's 1-800-669-9208
  - Relaxing Through Seasons #WRG72301
  - Just Relax #WR672302
  - Relaxation and Recovery #WR672303
  - A Day Away From Stress # WR672304