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Anxiety - Wikipedia -

Fri, 15 Jun 2018 00:15:00 GMT - 2 Research into anxiety in children, the neurological and biological experience of anxiety, and thus the management through psychotherapy, has expanded in

Managing Anxiety in Children - Liana Lowenstein -

Tue, 25 Jan 2011 23:53:00 GMT - Anxiety can affect your body, mind and behaviour. Here are some helpful tips* for managing anxiety by addressing these three areas.& We suggest you choose a few to start with that seem most relevant to you.

Anxiety management: the 10 best anxiety techniques - ANU -

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Thu, 14 Jun 2018 23:18:00 GMT - Generalized anxiety disorder (GAD) is a common disorder, characterized by long-lasting anxiety that is not focused on any one object or situation.

Anxiety disorder - Wikipedia -

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Stress Management Worksheets - Inner Health Studio -

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nterventions Module 3: What Keeps Health Anxiety Going? Helping Health Anxiety Introduction

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- American Academy of Child and Adolescent Resources - Disruptive Mood Dysregulation Disorder (link)

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