

ACHD Psychology Resources:

Anxiety and Worry

Useful resources:

The Somerville foundation: *(ACHD specific support for mental health)*

- <https://thesf.org.uk/wp-content/uploads/2019/04/Me-My-Heart-and-Anxiety.pdf>

Breathlessness and anxiety:

- <https://thesf.org.uk/wp-content/uploads/2019/02/breathlessness-and-anxiety-in-ACHD.pdf>

ACHD Network website: *(ACHD network wide support for mental health)*

<https://www.swswchd.co.uk/image/page/HowDoIManageAnxietyAndWorry-1.pdf>

British Heart Foundation: *(Cardiac support associated with mental health)*

<https://www.bhf.org.uk/information-support/support/emotional-support-and-wellbeing/coping-with-anxiety-when-you-have-a-heart-condition>

Anxiety UK *(Has further information on anxiety, needle and injection phobia).*

<https://www.anxietyuk.org.uk/>

Anxiety UK also run a Helpline: 08444 775 774 (Mon-Fri).

NHS Conditions *(has further information and coping strategies)*

<https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-panic/>

The Sf - Panic Attacks: *(practical advice on coping strategies)*

<https://thesf.org.uk/wp-content/uploads/2018/10/panic-booklet-web.pdf>

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Useful resources (Apps/ Webinars/ Podcasts etc)

Apps

1. Stress and Anxiety Companion

Stress & Anxiety Companion uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Use the app to help manage your stress and anxiety at home or on the go with breathing exercises, relaxing music and games. The app helps you identify your anxiety and stress triggers and transform negative thoughts into positive ones

2. Self Help for Anxiety Management (SAM)

This App helps individuals understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.

3. Pacifa

This app draws on a lot of strategies used in cognitive behavioural therapy, including progressive muscle relaxation. This guided technique can teach people with a generalized anxiety disorder to recognize the tension carried in their bodies and how to release those muscles

Videos

1. What is Anxiety - <https://www.youtube.com/watch?v=rSv5Q0YeN6c>
2. Tips for Managing Anxiety - <https://www.youtube.com/watch?v=RQmaB3off1E>
3. Practical Tips for Dealing with Anxiety - https://www.youtube.com/watch?v=ttHu_N-zAnQ

4. Strategies for Managing Anxiety - <https://www.youtube.com/watch?v=oUpD1rncn98>
5. Meditation Tips for Anxiety - <https://www.youtube.com/watch?v=QzNSgdV9qYU>
6. 10 Minute Meditation for Anxiety - <https://www.youtube.com/watch?v=O-6f5wQXSu8>

Podcasts

1. Anxiety Slayer

Hosts Shann Vander Leek and Ananga Sivyer have conversations with experts in the field. Each podcast provides tangible tips and tools you can use in real time for grappling with anxiety symptoms. They also produce a series of guided meditations and breathing exercises

2. The Calmer You

Chloe Brotheridge is a hypnotherapist, anxiety coach, and author. Her podcast is chock-full of suggestions and solutions for grappling with everyday anxiety that many people feel when dealing with authority figures, co-workers, family, and other assorted humans

3. Meditation Minis

Meditation can provide you with an anxiety-reducing pause at any point in your day. This podcast series comprises short, guided meditations led by host and hypnotherapist, Chel Hamilton. Each 10-minute episode is geared towards eliminating negative thinking and reducing anxious feelings. A wide variety of meditation techniques are explored.

4. Not Another Anxiety Show

Hosted by Kelli Walker, a registered nurse, certified health and wellness coach, and a former agoraphobe, Not Another Anxiety Show is a resource to learn more about anxiety, panic attacks, and stress. Whether you're a bit overwhelmed or feeling extremely anxious, Kelli delves into what anxiety really is and how you can find a way out of its tight grip. Joined alongside other experts, Kelli keeps conversations casual while offering practical tips, advice, and simple guidance to overcome anxiety

5. Mood Zone Anxiety Control (NHS) - https://www.youtube.com/watch?v=lqcOqh9_ivI

Online Webinars

1. The Mindful Way Through Anxiety Webinar –
<https://www.youtube.com/watch?v=a8et8x8O8Xk>
2. Managing Stress and Overcoming Anxiety Webinar -
<https://www.youtube.com/watch?v=dc3JifRLotg>

Self Help Guides

1. The SF Guided breathing/ relaxation:
<https://thesf.org.uk/visualisation-relaxation-tracks/>
2. Website for more Relaxation audio downloads:
<https://stresscontrolaudio.com/home>
3. NHS Scotland Anxiety Self Help Guide –
<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>
4. Mood Juice Anxiety Self Help Guide –
<https://www.moodjuice.scot.nhs.uk/anxiety.asp>

