

## VICTIM SUPPORT SERVICE RESOURCE CENTRE

### Suggested Self-help Resources on Anxiety, Fear or Panic

Please speak to your VSS counsellor or email [librarian@victimsa.org](mailto:librarian@victimsa.org) to borrow any of our books, CDs or DVDs

*Anxiety - Beyondblue, 2020. [website]*

<https://www.beyondblue.org.au/the-facts/anxiety>

Information on the symptoms, causes and treatment of depression and anxiety disorders. Special consideration is given to women, men, older people or young people. Descriptions of treatments are given, as well as information about choosing the right treatment for you, and how to get urgent assistance. And there is also information about how to maintain your good mental health, and what you can do to help someone who is suffering from depression or anxiety.

*Overcoming Panic and Agoraphobia Silove, Derrik; Manicavasagar, Vijaya. 2012. [EBook]*

This book is written by clinical psychologists at the University of New South Wales. They describe what it is like to have a frightening panic attack, what is going on in the brain, and how people's lives can be affected afterwards. They show what happens when people are given medication for this problem, and they offer cognitive behavioural therapy as a means of controlling anxiety disorders. eFe06

<http://vss.wheelers.co/title/9781472105776/epub>

*You will need a password to borrow this ebook. Email [librarian@victimsa.org](mailto:librarian@victimsa.org)*

*Letting go of anxiety- deep relaxation imagery and breathing exercises for releasing anxiety. Edelman, Sarah; Harrison, Malcolm 2011. [CD audio]*

Calming music and the voice of psychologist, Sarah Edelman, accompany you as you learn to relax and let go of anxiety. This audio CD offers six different ways to manage anxiety. Contents:1. Progressive muscle relaxation; 2. Diaphragmatic breathing;3. Self-talk for releasing anxiety; 4. Visualisation exercise; 5. Isometric and cue-controlled relaxation; 6. Inner guide imagery; Please do not listen to this CD whilst driving. CDFe02

*The Mindful Way Through Anxiety - Break Free from Chronic Worry and Reclaim Your Life Orsillo, Susan M.; Roemer, Lizabeth, 2012. [Book]*

Do you feel overwhelmed by anxiety, and wish you could have a more balanced view of life? This book offers an approach to overcoming the constraints of anxiety by using 'mindfulness'. By using mindfulness practices, you can improve both your mental attitudes and your physical health, and restore your confidence in yourself. The two authors are professors of Psychology, and they have written this book in a workbook style, so you can make progress as you read through the exercises

Contents: Introduction - How This Book Will Help You; 1. Understanding Fear and Anxiety - Turning Toward Your Emotions; 2. How is Anxiety Getting in Your Way?

3. Changing Your Relationship with Anxiety - Embarking on a New Path

4. An Introduction to Mindfulness - Noticing a Skill You Already Possess

5. Developing the Skills of Mindfulness - How to Bring Kind Attention into Your Daily Life;6.

Befriending Your Emotions;7. Using Mindfulness to Clarify Muddy Emotions;8. The Allure and Cost of Trying to Control Your Internal Experience;9. Acceptance and Willingness - Increasing Flexibility and Opening Up to New Possibilities;10. Clarifying What Matters to You and Setting a Course for Change;11. Bringing It All Together - Making a Commitment to Yourself12.

Overcoming Challenges to Cultivating Self-Compassion;13. Staying Open When the Going Gets Tough. Fe34

## The Compassionate Mind Approach to Overcoming Anxiety - Using Compassion-Focused Therapy

*Tirch, Dennis; Editor: Gilbert, Paul, 2012. [EBook]*

Is anxiety taking over your life? This book shows how this could have happened and offers Compassion Focused Therapy techniques to help you overcome anxiety, have a more balanced outlook, increase your resilience and regain your sense of wellbeing.

Contents: Part 1. The Compassionate Mind Approach to Overcoming Anxiety  
1. The emergence of anxiety; 2. What is anxiety and how has it evolved?; 3. Anxiety, compassion and our ongoing interactions with the world; 4. Towards the compassionate mind - an evolution in our understanding of anxiety through mindfulness, acceptance and compassion; 5. The first turning of the wheel of compassion; Part 2. Compassionate mind training for anxiety; 6. Mindfulness as a foundation for compassionate attention; 7. Compassion focused imagery; 8. Compassionate thinking; 9. Compassionate behaviour; 10. Moving forward with compassion and 'Beginning Again Constantly' eFe05

<http://vss.wheelers.co/title/9781849019606/epub>

You will need a password to borrow this ebook. Email [librarian@victimsa.org](mailto:librarian@victimsa.org)

## Brain based therapy for anxiety- a workbook for clinicians and clients

*Arden, John, 2015. [Book]*

The Brain Based Therapy for Anxiety Workbook for Clinicians and Clients is a practical workbook that provides the reader with a clear understanding of the underlying causes of their anxiety, the triggers, and gives practical solutions for healing. Through easy-to-complete exercises and accessible explanations, the clinician and the client explore who and what causes anxiety and how to better effectively cope. Worksheets, reflective questions, and meditations provide a complete guide that you will use time and time again. Learn how the two hemispheres of the brain process emotion differently and how to balance their activity, rewire the brain, tame the amygdala and create new brain habits. Learn how dietary changes can tune up the brain to reduce anxiety. Relearn calmness and change the way you feel.

Contents: 1. What is anxiety and what causes it; 2. Types of anxiety disorders; 3. Rewiring your brain; 4. Change your diet to tune up your brain; 5. Fine-tuning your body; 6. Relearning calmness; 7. Change your thinking to change the way you feel; 8. Facing your fears; 9. Accepting your bodily sensations; 10. Preventing relapse. Tr104

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Victim Support Service Inc. Phone: 1800 VICTIM (1800 842846) Website: [www.victimsa.org](http://www.victimsa.org)