

Nerves and Anxiety

"The greatest weapon against stress is our ability to choose one thought over another." –
William James. 1955.

Compiled by Katie Lingerfelt - March, 2025

Award Books

- Fic And Anderson, M. T. ELF DOG AND OWL HEAD.M.T. Anderson ; illustrated by Junyi Wu. 2023.
- Fic Ara Arango, Andrea Beatriz. IVELIZ EXPLAINS IT ALL. Andrea Beatriz Arango ; [illustrations by Alyssa Bermudez], 2022.
- Fic Loc Lockington, Mariama. IN THE KEY OF US. Mariama J. Lockington. 2022.
- Fic Ste Stewart, Erin. THE WORDS WE KEEP. Erin Stewart, 2022.
- Fic Gre Gregorio, I. W. THIS IS MY BRAIN IN LOVE. by I. W. Gregorio, 2020.
- Fic Pan Pancholy, Maulik. THE BEST AT IT. Maulik Pancholy, 2019.
- Fic Osh Oshiro, Mark. ANGER IS A GIFT. Mark Oshiro, 2018.
- Fic Loc Lockington, Mariama. FOREVER IS NOW. Mariama J. Lockington, 2023.
- Fic Kel Kelly, Erin Entrada. WE DREAM OF SPACE. Erin Entrada Kelly, 2021.
- E Cas Castillo, Lauren. NANA IN THE CITY. by Lauren Castillo. 2014.
- E Kim Kim, Anna. DANBI LEADS THE SCHOOL PARADE.By Anna Kim, 2020.
- 616.89 Don Oakland University Catalog. (DONT) CALL ME CRAZY: 33 VOICES START THE CONVERSATION ABOUT MENTAL HEALTH edited by Kelly Jensen, 2018.

Everyone Books

- E Jar Jarman, Julia. TWO SHY PANDAS. Julia Jarman ; [illustrations] Susan Varley, 2013.
- E Tre Tregonning, Mel. SMALL THINGS. By Mel Tregonning, 2018.
- E Mil Milne, Terry. ANXIOUS CHARLIE TO THE RESCUE. Terry Milne, 2019.
- E Miy Miyakoshi, Akiko. THE PIANO RECITAL. Akiko Miyakoshi, 2019.
- E Hig Higgins, Ryan T. WHAT ABOUT WORMS?. Ryan T. Higgins, 2020.
- E Jon Jonker, Travis. THE VERY LAST CASTLE.words by Travis Jonker ; pictures by Mark Pett, 2018.
- E Cot Cotterill, Samantha. THE BEACH IS LOUD! by Samantha Cotterill,2019.
- E Bla Black, Michael Ian. IM WORRIED.; illustrated by Debbie Ridpath Ohi. 2019.
- E Taf Tafolla, Carmen. I'LL ALWAYS COME BACK TO YOU. written by Carmen Tafolla ; illustrated by Grace Zong. 2022.
- E Nie Nieto Guridi, Raúl. IT'S SO DIFFICULT. translated by Lawrence Schimel. 2022.
- E She Shea, Bob UNICORN IS MAYBE NOT SO GREAT AFTER ALL Bob Shea, 2019.
- E Sul Sullivan, Rosana MOMMY SAYANG Rosana Sullivan, 2019.

E Bee Beebe, Katy. NILE CROSSING. by Katy Beebe ; illustrated by Sally Wern Comport. 2017.

Fiction Books

Fic Col	Collier, Nicole D. JUST RIGHT JILLIAN./ by Nicole D. Collier ; [illustrations by Kitt Thomas]. 2022.
Fic Gue	Guerrero, Tanya. HOW TO MAKE FRIENDS WITH THE SEA. Tanya Guerrero, 2020.
Fic Sum	Sumner, Jamie. THE SUMMER OF JUNE. Jamie Summer, 2022.
Fic Dil	:Dilloway, Margaret. 5 THINGS ABOUT AVA ANDREWS. Margaret dilloway, 2020.
Fic Dee	Dee, Barbara HAVEN JACOBS SAVES THE PLANET Barbara Dee, 2022.
Fic Mac	Mac, Carrie. 10 THINGS I CAN SEE FROM HERE. Carrie Mac, 2016.
Fic Loc	Lockington, Mariama. IN THE KEY OF US. Mariama J. Lockington. 2022.
Fic Bro	Brooks, Kevin BORN SCARED Kevin Brooks. 2018
Fic Kra	Kramer, J. Kasper. THE LIST OF UNSPEAKABLE FEARS. J. Kasper Kramer. 2021.
Fic Mac	Mac, Carrie 10 THINGS I CAN SEE FROM HERE / Carrie Mac. 2017.

Non-Fiction Books

155.41 Bat	Batte, Summer. NAME AND TAG YOUR ANXIETY: A KID'S GUIDE. Free Spirit, 2021.
155.9 Rom	Romain, Trevor. STRESS CAN REALLY GET ON YOUR NERVES.Trevor Romain & Elizabeth Verdick ; illustrated by Steve Mark, 2018.
155.41 Has	Hasson, Gill. SAY HI WHEN YOUR SHY. by Gill Hasson ; illustrated by Sarah Jennings, 2020.
158.13 Rit	Ritchie, Scot Oakland University Catalog. FOLLOW YOUR BREATH!: A FIRST BOOK OF MINDFULNESS. Scot Richie, 2020.
152.46 Gra	Graves, Sue. BUT WHAT IF? Sue Graves ; illustrated by Desideria Guicciardini, 2013.
152.46 Has	Hasson, Gill. PUT YOUR WORRIES AWAY./ by Gill Hasson ; illustrated by Sarah Jennings, 2019.
155.41 Bar	Barnham, Kay. FEELING WORRIED! written by Kay Barnham ; illustrated by Mike Gordon, 2017.
152.4 Cou	Coulman, Valerie.DRAGONS ON THE INSIDE. (AND OTHER BIG FEELINGS) Valerie Coulman ; illustrated by Alexandra Colombo, 2022.
158.13 Gra	Gravel, Elise. PUPPY IN MY HEAD: A BOOK ABOUT MINDFULNESS. Elise Gravel, 2021.

- 155.41 Bat Batte, Summer. NAME AND TAME YOUR ANXIETY: A KIDS GUIDE. Summer Batte ; illustrated by Amberin Huq, 2021.
- 155.51 Reb Reber, Deborah. CHILL : STRESS-REDUCING TECHNIQUES FOR A MORE BALANCED PEACEFUL YOU. Deborah Reber ; illustrated by Neryl Walker. 2015.

Tradebooks

- TRADEBOOK:ALADDIN Lee, Lyla, MANDY KIM, BIG SISTER. by Lyla Lee ; illustrated by Dung Ho. 2024.
- TRADEBOOK:CAROLRHODA Cerra, Kerry O'Malley. MAKE A LITTLE WAVE. Kerry O'Malley Cerra ; afterwards by Kylie Cerra, 2024.
- TRADEBOOK:GREYSTONE KIDS Larochelle, Samuel. BUTTERFLY WINGS: A HOPEFUL STORY ABOUT CLIMATE ANXIETY. Samuel Larochelle ; illustrations by Eve Patenaude ; translated by Arielle Aaronson, 2023.
- TRADEBOOK:ZEST BOOKS Speller, Katherine. THE BEASTS IN YOUR BRAIN: UNDERSTANDING AND LIVING WITH ANXIETY AND DEPRESSION. Katherine Speller ; illustrations by Harshad Marathe, 2023.
- TRADEBOOK:ANNICK PRESS Ameyaw, Maya. UNDER ALL THE LIGHTS. Maya Ameyaw, 2024.
- TRADEBOOK:ANNICK PRESS Luca, Luciana De. ANXIOUS. Luciana De Luca ; [illustrated by] Natalí Barbani ; [Spanish to English translation by Roberto C. Caceres Caravantes], 2024.
- TRADEBOOK:MAGINATION PRESS Tompkins, Michael A. STRESS LESS: A TEENS GUIDE TO A CALM CHILL LIFE. Michael A. Tompkins, 2023.
- TRADEBOOK:RANDOM HOUSE Durfey-Lavoie, Lee. SINK OR SWIM. [illustrated by] Veronica Agarwal & [written by] Lee Durfey-Lavoie. 2024.
- TRADEBOOK: HOLIDAY HOUSE Langford, Sydney THE LOUDEST SILENCE by Sydney Langford, 2024.
- TRADEBOOK:MCELDERRY Uhrig, Betsy . MIND OVER MONSTERS./ Betsy Uhrig. 2024.
- TRADEBOOK:MAGINATION PRESS Boger, Kathryn. STEP BY STEP. by Kathryn Boger ; illustrated by Hiroe Nakata. 2023.

Professional Development

- QA 11 .A7 1993 Arem, Cynthia A. CONQUERING MATH ANXIETY: A SELF-HELP WORKBOOK. Brooks/Cole, 1993.
- RJ 506 .A9 N284 Nason, Bill. THE AUTISM DISCUSSION PAGE ON ANXIETY, BEHAVIOR, SCHOOL, AND PARENTING STRATEGIES: A TOOLBOX FOR

HELPING CHILDREN WITH AUTISM FEEL SAFE, ACCEPTED, AND
COMPETENT. Kingsley Publishers, 2014.