Videos

Olivia Remes: How to cope with Anxiety

<https://www.ted.com/talks/olivia_remes_how_to_cope_with_anxiety>

### Jordan Raskopoulos: How I live with high-functioning anxiety

<https://www.ted.com/talks/jordan_raskopoulos_how_i_live_with_high_functioning_anxiety>

### Anne Marie Albano: How to raise kids who can overcome anxiety

<https://www.ted.com/talks/anne_marie_albano_how_to_raise_kids_who_can_overcome_anxiety>

### Erica Joy Baker: How do we bridge the “anxiety gap” at work?

<https://www.ted.com/talks/erica_joy_baker_how_do_we_bridge_the_anxiety_gap_at_work>

### Jackie Gartner-Schmidt: How our voices reveal anxiety

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# How I Learned To Manage Panic Attacks & High Anxiety

<https://www.youtube.com/watch?v=k6saPnLAuzQ>

# Rewiring the Anxious Brain - Neuroplasticity and the Anxiety Cycle (Anxiety Skills #21)

<https://www.youtube.com/watch?v=zTuX_ShUrw0>

# Rewiring the Anxious Brain Part 2: 10 Skills to Beat Anxiety (Anxiety Skills #22)

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The Anxiety Coaches with Gina Ryan

<https://www.stitcher.com/show/the-anxiety-coaches-podcast>

Anxiety Slayer

<https://itunes.apple.com/gb/podcast/anxiety-slayer/id348096293?mt=2>

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The One You Feed

<https://podcasts.apple.com/us/podcast/the-one-you-feed/id792555885?mt=2>

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*Must Try Harder: Adventures in Anxiety*. Paula McGuire. (2018)

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# How Anxiety Traps Us, and How We Can Break Free

<https://hbr.org/2020/01/how-anxiety-traps-us-and-how-we-can-break-free>

# 10 Things You Might Be Doing Due To Social Anxiety

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# **How to Deal with Anxiety: Habits That Can Help**

<https://www.psycom.net/ease-anxiety-tips>

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