

## Managing Adult ADHD and Anxiety

### Community Resources:

- **CanLearn Society:**
  - Counselling- [intake@canlearnsociety.ca](mailto:intake@canlearnsociety.ca) 403-686-9300 ext. 102
  - ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
  - All Together- <https://togetherall.com/en-ca/>

### Websites:

- <https://maps.anxietycanada.com/en/>
- <https://www.mindful.org/>
- <https://www.understood.org/>
- <https://www.additudemag.com/>

### Articles

- <https://www.additudemag.com/adhd-and-anxiety-symptoms-coping/>
- <https://www.additudemag.com/anxiety-disorders-in-adults-symptoms/>

### Books:

- Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: from Science to Practice (2006), Robichaud & Dugas
- Overcoming Social Anxiety and Shyness: A self-help guide using cognitive behavioral techniques (2021), Butler
- Full Catastrophe Living (1990), Kabat-Zinn
- The Anxiety and Worry Workbook: The cognitive behavioral solution (2011). Clark & Beck

### Applications

- Mindshift-CBT (Coping with anxiety)
- Calm (relaxation for adults and children of all ages)
- Rootd (anxiety)
- Rainrain (calm music)
- Relax melodies (calm music)
- Daylio ( track emotions)
- Breathly (breathing)