Stress & Anxiety

Check out the sites below to learn more information

[About Anxiety](http://kidshealth.org/teen/your_mind/mental_health/anxiety.html) – Information, answers, and advice about anxiety

[Anxiety Disorders Association of America](http://www.adaa.org) - Statistics, facts and treatment options about various anxiety disorders

[Taming the Butterflies](http://counseling.uoregon.edu/dnn/SelfhelpResources/StressandAnxiety/TamingTheButterflies/tabid/336/Default.aspx) – An article from the University of Oregon

[Worry Wise Kids](%20http%3A/www.worrywisekids.org/%20%20%20) - Information and resources for parents to help your child overcome negative thinking.