

Location

Timberwolf Learning Commons
Wausau Campus, C178

Contact Us

Website: <http://www.ntc.edu/library>
Email: library@ntc.edu
Phone: (715) 803-1115

SUGGESTED TERMS

Types

Agoraphobia
Generalized anxiety disorder
Panic disorder
Separation anxiety disorder
Social anxiety disorder
Specific phobias
Substance-induced anxiety disorder

Therapies / Care

Acceptance and commitment therapy (ACT)
Biofeedback
Cognitive behavioral therapy (CBT)

Dialectical behavioral therapy (DBT)

Exposure therapy

EMDR

Meditation

Mindfulness

Psychotherapy

Yoga

Keywords

Claustrophobia
Cognitive distortions
Coping skills
Distress tolerance
Fear
Insomnia

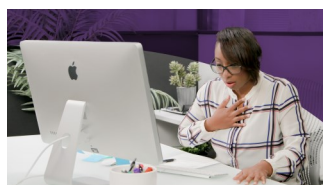
Meditation
Mental disorders
Mental health
Mental illness
Mysophobia
Negativity bias
Panic attacks
Performance anxiety
Relaxation techniques
Stress management
Systematic desensitization
Test anxiety
Worry

STREAMING VIDEOS

Click on titles



Anxiety Disorders and Panic Attacks: Calming the Mind



Managing Anxiety in the Workplace



Yoga for Depression and Anxiety



Composed: Overcoming Performance Anxiety

CURRENT ISSUES & EVENTS

[What is panic disorder? What to do if you have a fear of recurring panic attacks](#)

May 26, 2020

Insider

[Six tips for dealing with all the anxiety everywhere](#)

March 13, 2020

Daily Herald

[I am a 29 year-old who dreads going outside. Here's how agoraphobia affects me](#)

February 22, 2020

The Huffington Post

[Poor sleep can be the cause of anxiety, study finds](#)

November 9, 2018

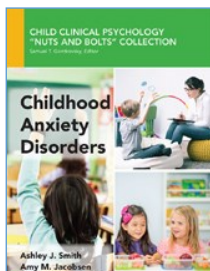
The Washington Post

[Understanding anxiety: Studies show increased anxiety in college-aged people](#)

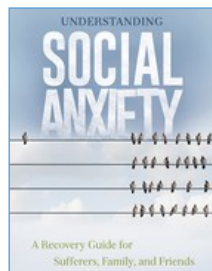
April 14, 2016

The Minaret

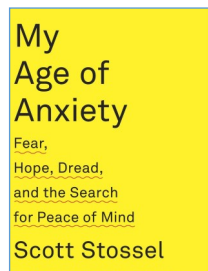
E-BOOKS [Click on titles](#)



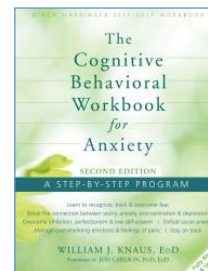
Childhood Anxiety Disorders



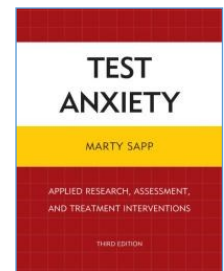
Understanding Social Anxiety



My Age of Anxiety

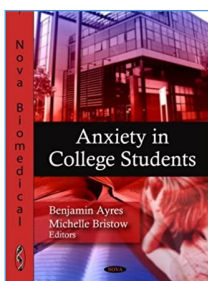


The Cognitive Behavioral Workbook for Anxiety

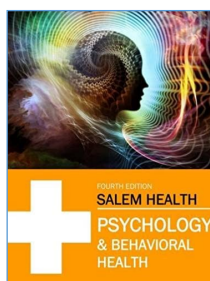


Test Anxiety

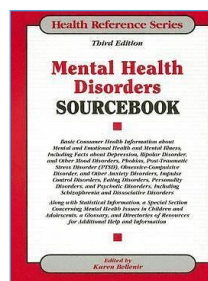
BOOKS (LIBRARY 1st FLOOR)



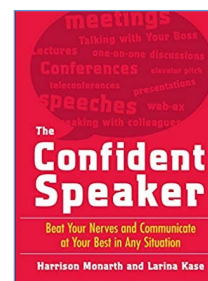
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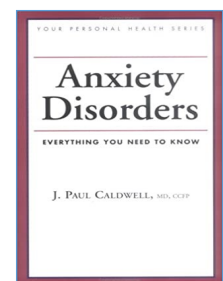
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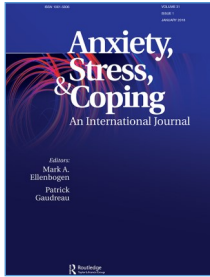
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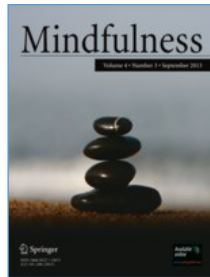
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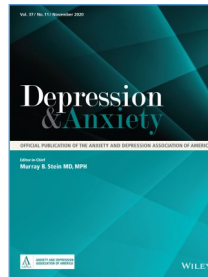
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Anxiety, Stress, & Coping



Mindfulness



Depression & Anxiety



Journal of Contemporary Psychotherapy



Journal of Mental Health

[The Impact of Mindfulness-Based Yoga Interventions on Fifth-Grade Students' Perceived Anxiety and Stress from the International Electronic Journal of Elementary Education \(2020\)](#)

[Psychological and Physiological Responses in Patients with Generalized Anxiety Disorder: The Use of Acute Exercise and Virtual Reality Environment from the International Journal of Environmental Research and Public Health \(2020\)](#)

[Sub-types of Safety Behaviours and their Effects on Social Anxiety Disorder from PloS One \(2019\)](#)

[Internet-based Cognitive Behavioral Therapy for Adolescents with Anxiety Disorder: A Feasibility Study from Internet Interventions \(2018\)](#)

[Sex, Sexual Orientation, Gender Atypicality, and Indicators of Depression and Anxiety in Childhood and Adulthood from the Archives of Sexual Behavior \(2017\)](#)

[Familial, Social, and Cultural Factors Influencing Panic Disorder: Family Therapy Case of Korean Wife and American Husband from the American Journal of Family Therapy \(2016\)](#)

ADVOCACY & EDUCATION RESOURCES

Local

[211 Wisconsin—Mental Health Resources](#)

[Mental Health America of Wisconsin](#)

[North Central Health Care](#)

[NTC Counseling Resources](#)

National

[Anxiety and Depression Association of America](#)

[Crisis Text Line | text TALK to 741741](#)

[Mental Health America—Anxiety Information and Resources](#)

[National Alliance on Mental Health](#)

[Project Hope & Beyond](#)