



Homeschooled But Still Anxious

Melanie Wilson, Ph.D.

I. What is anxiety?

- a. Causes
 - i. Physical
 - ii. Social
 - iii. Spiritual
- b. Types

II. How to Teach Your Child (and Yourself) to Cope with Anxiety

- a. Physically
- b. Mentally
- c. Spiritually

III. What to Do if You Need Additional Help

- a. Physician
- b. Cognitive-Behavioral Therapist
- c. Resources: Anxiety-Free Kids by Bonnie Zucker, Your Anxious Child by John Dacey & Lisa Fiore, Anxious for Nothing by John Macarthur, Freeing Your Child from Anxiety by Tamar Chansky

Check out motivatedhomeschooler.com for special offers. Links to the above books and even more great resources. See melaniewilson.org or go to Amazon.com to get ***So You're Not Wonder Woman*** subscribe to the mailing list to learn when the eBook goes on sale.