

NHS and anxiety- https://www.nhs.uk/oneyou/every-mind-matters/anxiety/?WT.tsrc=Search&WT.mc_id=Anxiety&gclid=CjwKCAjwsMzzBRA CEiwAx4ILG5nZ-vEMTwxo3vaH0eBTh3sJLVydiJkxwHJS7114R37GGwIXRzJ9BoC 0YQAvD BwE

For those interested in CBT resources- <https://www.psychologytools.com/>