

# Worry and Anxiety Therapy Workbook



**wisemind.com**  
BRILLIANT MENTAL HEALTH

Dr. Jennifer Abel  
**Workbook**





## Biography



Dr. Jennifer L. Abel is an international speaker who has delivered over 300 seminars for mental health professionals and dozens of presentations to corporations and the public. She was trained as a scientist-practitioner, specializing in cognitive-behavioral treatment (CBT) and 3rd wave CBT for anxiety disorders in her clinical practice of over 25 years. She served as the Associate Director of the Stress and Anxiety Disorders Institute at Penn State and has published many articles in professional journals on her work in anxiety and behavioral medicine.

Dr. Abel has published three books; her first, *Active Relaxation*, was published in 2010 and received outstanding reviews from mental health care professionals and readers alike. Her most recent book is a best seller: *The Anxiety, Worry, and Depression Workbook*. Her *Melt Worry & Relax Card Deck* is also very popular amongst both teens and adults. She also co-authored *The Melt Anxiety and Relax Card Deck for Kids* with tips for caregivers. Dr. Abel's YouTube channel provides weekly tips for managing worry, anxiety, and an array of related mental health issues.

*The Worry and Anxiety Relief worksheets* are designed to complement Dr Jennifer Abel's *Worry and Anxiety Relief series* on [Wisemind.com](http://Wisemind.com)



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# Emotional Regulation:

## Session 11 (Module 2, Session 6)

Learning to accept healthy emotion (primary emotion) prevents unhealthy secondary emotion.

