**Research Links**

Anxiety resources

<https://www.anxietyuk.org.uk/>

<https://www.anxietyuk.org.uk/women-young-people-likely-experience-anxiety/>

<http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anxiety>

<http://www.rcpsych.ac.uk/mentalhealthinfo/problems/anxietyphobias/anxiety,panic,phobias.aspx>

Breathing techniques

<http://www.nhs.uk/conditions/stress-anxiety-depression/pages/ways-relieve-stress.aspx>

<http://www.guysandstthomas.nhs.uk/resources/patient-information/therapies/abdominal-breathing.pdf>