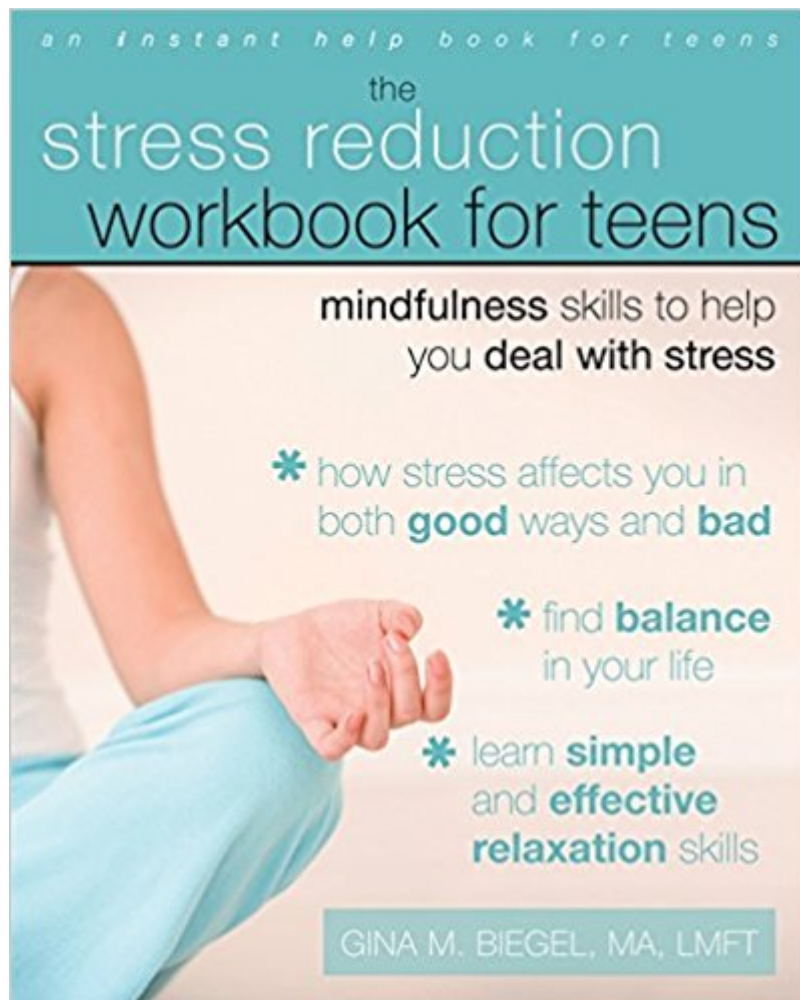




The book was found

# The Stress Reduction Workbook For Teens: Mindfulness Skills To Help You Deal With Stress



## Synopsis

First, the bad news: your teenage years are some of the most stressful of your life. Up to 70 percent of teens say they're stressed out, and with pressure about grades at school, parents who just don't seem to get it, and friends who drive you crazy, it's no wonder. Here's the good news! If you learn a few strategies for getting stress under control now, you'll have the skills you need to deal with problems and difficult feelings that life sends your way in high school and beyond. The Stress Reduction Workbook for Teens is a collection of thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. Mindfulness is a way to be aware of your thoughts and feelings in the present moment. You can use mindfulness when you start to feel as though things are spinning out of control, so you can stop worrying about what might happen and focus instead on what's happening now. Ready to get started? Open this workbook and try out the first activity. Soon, you'll be well on your way to developing resilience and a new kind of strength. If you're like many people, you find it easy to look at your negative qualities or feel there is no way to fix your problems or stress. This book is about building on the resources, skills, and positive qualities that you might not even realize you have. It is a way to move from "I'm powerless" thinking to "I can do it!" thinking. Hundreds of teens in mindfulness-based stress reduction classes have used activities like the ones in this book, and here is what some of them have said: "I have learned to let things go and move on from bad experiences." "I felt that the coping skills learned are easy enough and effective enough to be used when I need. I now feel at the very least that I have the ability to reduce my stress." "I learned new and different ways to stay relaxed and how to deal with stress and now I don't worry much." If they can do it, so can you!

## Book Information

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## Customer Reviews

"I heartily recommend this workbook! Gina Biegel has crafted a series of mindfulness practices and reflections that are easily accessible, inviting, and wise. Teens who take the time to work this workbook will gain insights about mindfulness, stress, and the mind-body connection that should benefit and serve them for years to come."

• Jeff Brantley, MD, director of the Mindfulness Based Stress Reduction Program at Duke Integrative Medicine and coauthor of *Five Good Minutes in Your Body*

"This book is an incredible resource for teens, parents, and therapists. It offers easy tools any teen can use."

• Lara Honos-Webb, Ph.D., author of *The Gift of ADHD* and *Listening to Depression*

"This workbook is an excellent resource for any teen dealing with the sometimes overwhelming stress of daily life in the twenty-first century. By using these short, simple practices, readers will discover the natural power and peace that is always inside of them. This discovery will help them deal more successfully with common challenges experienced in school, extracurricular activities, and relationships, and help them to live happier, more fulfilling lives."

• Amy Saltzman, MD, creator of Still Quiet Place CDs and courses and director of the Association for Mindfulness in Education

"This workbook is a gift for teens. It offers both mindfulness instruction and stress reduction techniques in a language teens will relate to. The thoughtful exercises and clear instruction are sure to help teens navigate their turbulent years with wisdom and self-compassion."

• Diana Winston, director of mindfulness education at the University of California, Los Angeles Mindful Awareness Research Center and author of *Wide Awake: A Buddhist Guide for Teens*

"Recent neuroscience research suggests that learning to cope with stress actually expands prefrontal brain regions that are important for regulation of emotion and resilience. Biegel's method of using mindfulness skills may be the type of intervention that enhances the development of brain systems important for emotion regulation, and may help to inoculate the adolescent brain against the negative effects of stress during this critical developmental period."

• Amy Garrett, Ph.D., neuroscientist in the department of psychiatry at Stanford University School of Medicine

In *The Stress Reduction Workbook for Teens*, a psychotherapist specializing in mindfulness-based stress reduction (MBSR) shows overwhelmed and stressed-out teen readers how mindfulness skills

can help them relax, prioritize, and keep calm during stressful times.

I find this to be a good book for teens. It provides some good basic skills which they can practice to increase their skills at being present in the moment. I have used this for teens I work for who have experienced trauma and for ADHD youngsters to assist them with being in the moment.

Purchased for my teen nieces after a particularly difficult and protracted divorce "battle" threw their world into a spin. Not only did they utilize them... the workbooks received rave reviews from their family counselor! (She called me to "source them", as she plans to use them in her practice.) Definitely worth the price to help a beloved niece, nephew, or other burdened teen make his/her way through the various and difficult challenges faced by so very many of today's youth!

An awesome variety of activities to help improve my quality of life! Stress has been a hugely negative part of my life for years and things just seemed hopeless. However, this book and family/friend support has brought me so much closer to a comfortable balance with stress. The activities are interesting, unique, and eye opening. The book helps you understand what's really bothering you, and helps you to learn how to deal with future stress. It was a huge part in my recovery process!!!

I am a high school teacher and use this curriculum it is simple and to the point. It really gets my students thinking about who they are and what they want.

As a therapist that frequently works with teenagers, I found this book to be of immediate clinical use. The activities in this book are easily used with adolescents that are motivated to change and with some creativity less motivated adolescents will engage in the stress reduction activities. It is written in a simple, easy to read language that is appropriate for a 13-17yr old. Further, many of the activities are consistent with Acceptance and Commitment Therapy (ACT) and can be used as part of a Cognitive Behavioral Therapy (CBT) treatment plan. Well worth the price!!

Looks great so far. Have not had a chance to use it yet, but will when I have the opportunity. Nice to have ready made activities. Keep in mind though that I have only perused the book so far, but I like what I see. The test in the use of the strategies which I have not yet applied!

useful

Good

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