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# 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

As a mindfulness practitioner and school psychologist, I really wanted to love this workbook, but...Even though some of the reviews suggest that it would be better to use with younger children (not high school), I disagree. I would suggest to parents that this workbook would be more appropriate for bright high school students or even college-aged students. While the examples/fictional stories of teens in the book can be simplistic or a little cliché, much of the wording throughout seems a bit advanced and abstract for most of the students that I work with. For instance, the idea of "being with what is" is used, but this phrasing might be too abstract for some young readers. Mindfulness skills can and should be accessible to everyone. This workbook is a step in the right direction, but it felt too rushed and introduced concepts without really explaining them ahead of time (e.g., helping to differentiate between thoughts, feelings, and sensations before asking teens to track them). It may be most helpful for teens who have had some background/introduction to mindfulness concepts already. The workbook also involves a great deal of writing and reflection, which could make it off-putting and inaccessible to teens who dislike writing, have trouble with expressive communication, or have little-to-know experience with this kind of self-reflection. Yes, I know that it is a "workbook", but I think it would have been helpful to include more visuals and graphic organizers in the book to help students understand the concepts and help guide them through the reflections (instead of using so many blanks for sentence-writing). There are so many powerful images and analogies that can be used to really bring home the concepts of mindfulness.

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