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Titolo	The mental health and wellbeing workout for teens : skills and exercises from ACT and CBT for healthy thinking // Paula Nagel
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2019
ISBN	1-78450-753-9
Descrizione fisica	1 online resource (162 pages)
Disciplina	613/.0433
Soggetti	Health behavior in adolescence Teenagers - Health and hygiene Acceptance and commitment therapy Cognitive therapy for teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part 1: 1. Helpful and unhelpful thinking (aka best friend and frenemy thoughts) -- 2. Unhelpful thoughts in action (Marc's miserable morning) -- 3. Stretch and flex-ercises -- Part 2: 4. Social comparison (aka The self-hater) -- 5. Catastrophising (aka But what if... ) -- 6. Black-and-white thinking (aka All-or-nothing thinking) -- 7. Negative filtering (aka Looking through gloomy goggles) -- 8. Perfectionism (aka Unreal ideal) -- 9. Personalisation (aka Over-owning it) -- 10. Mind reading (aka Filling in the blanks) -- 11. Emotional reasoning (aka Feelings rule, Okay!) -- 12. Living the life YOU want to lead.
Sommario/riassunto	This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing. Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Teens will be better equipped to recognise negative thoughts and emotions, monitor their mood and behaviour, and flex their positive thinking muscles in order to combat the mental health blips we

all face sometimes.

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