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Titolo	The stress reduction workbook for teens : mindfulness skills to help you deal with stress // Gina M. Biegel
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ISBN	1-68403-019-6
Edizione	[Second edition.]
Descrizione fisica	1 online resource (163 pages) : illustrations
Disciplina	616.9800835
Soggetti	Stress management for teenagers Stress in adolescence Stress (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Letter to teens -- Letter to parents and professionals -- Letting go of your problems -- Defining and understanding stress -- Life stressors: what is stressing you out? -- The physical effects of stress: paying attention to red flags -- The emotional effects of stress -- When stress can be helpful -- Stress the problem, mindfulness a solution -- Living in the Now -- Mindfulness and the five senses -- Bringing mindfulness to routine tasks and interests -- Dropping-in mindfulness practice -- Mindful eating practice -- The body scan mindfulness practice -- Bringing mindfulness to walking and movement -- Doing homework or taking a test mindfully -- Accepting your emotions: "The guest house" -- Don't believe everything you think -- Don't jump on the train of thoughts: the railroad activity -- Stress waves: riding the waves of life -- Paying attention to your breath -- Paying attention to your mind: sitting mindfulness practice -- Taking in the good: doing what you enjoy -- Focusing on the positive: the pleasant moments calendar -- Focusing on the negative: the unpleasant moments calendar -- Things you can and can't control -- Mindful stopping: responding instead of reacting -- Being mindful of harmful judgments -- Mindful messaging and posting -- Playing out the end of the movie -- Life events can cause stress -- Coping with painful events -- Unhelpful and harmful coping behaviors -- Using self-care to manage problems -- Tracking

harmful behaviors: the self-awareness calendar -- Next steps.

Sommario/riassunto

Being a teen isn't easy! Between planning for the future, school, and maintaining friendships, it's easy to feel stressed out. This workbook offers key tools for mindfulness instruction, stress reduction techniques, and activities for practical application in a language teens can understand.
