



The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress

By Gina M. Biegel MA LMFT

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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!

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Editorial Review

Review

“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

From the Publisher

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.

About the Author

Gina M. Biegel, MA, LMFT, is a psychotherapist in San Jose, CA, who works with adolescents, children, and families, both independently and for a large HMO. She adapted the mindfulness-based stress reduction (MBSR) program for use with adolescents, creating mindfulness-based stress reduction for teens (MBSR-T). A randomized control trial assessing the efficacy of this program showed significant results. Biegel is director of research for Mindful Schools and conducts workshops and conferences teaching MBSR to a variety of populations. Her audio CD, *Mindfulness for Teens*, is available online at www.stressedteens.com.

Users Review

From reader reviews:

Guadalupe Winn:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the particular Mall. How about open or even read a book allowed The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress? Maybe it is being best activity for you. You recognize beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with it has the opinion or you have various other opinion?

Carolyn Foley:

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Robert Dunham:

Your reading 6th sense will not betray you actually, why because this The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress guide written by well-known writer who really knows well how to make book which can be understand by anyone who also read the book. Written inside good manner for you, still dripping wet every ideas and composing skill only for eliminate your own personal hunger then you still question The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress as good book not simply by the cover but also through the content. This is one e-book that can break don't judge book by its deal with, so do you still needing an additional sixth sense to pick

this!? Oh come on your reading sixth sense already alerted you so why you have to listening to an additional sixth sense.

Jeremy Robinson:

The book untitled The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very clear to see all the people, so do definitely not worry, you can easy to read this. The book was written by famous author. The author will bring you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or program, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open their official web-site along with order it. Have a nice read.

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