



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:

Jeffrey Richard:

The book *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* make one feel enjoy for your spare time. You may use to make your capable far more increase. Book can being your best friend when you getting tension or having big problem together with your subject. If you can make reading a book *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* to be your habit, you can get a lot more advantages, like add your current capable, increase your knowledge about a number of or all subjects. You may know everything if you like open up and read a reserve *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress*. Kinds of book are a lot of. It means that, science publication or encyclopedia or other folks. So , how do you think about this book?

Rebecca Esquivel:

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Susan Demar:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their

family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress can be fine book to read. May be it is usually best activity to you.

Timothy Kahle:

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