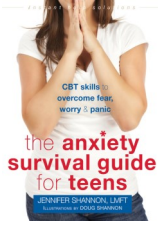




Resources to Help Destress

Young Adult Recommendations E-Library Edition



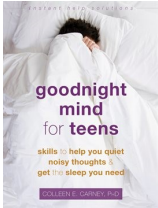
The Anxiety Survival Guide For Teens
Shannon, Jennifer

[YA 155.5 SHA](#)

Do you have problems with anxiety? This book is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.

[Overdrive e-book](#)

[Hoopla e-book](#)

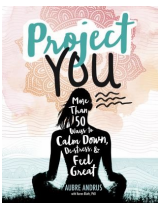


Goodnight Mind for Teens
Carney, Colleen E.

[YA 616.8498 CAR](#)

If you're ready to start feeling better, less cranky during the day, and more at ease at bedtime, this book has everything you need to... zzzzz... This book will help you cope with the anxious and over-stimulating thoughts that can lead to insomnia, identify and work with their own circadian rhythm, and set up a new sleep schedule so you can improve alertness, feel more energetic, and be in a better mood throughout the day.

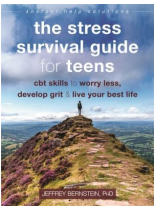
[Hoopla e-book](#)



Project You: More Than 50 Ways to Calm Down, De-stress, and Feel Great
Andrus, Aubre

[YA 155.5 AND](#)

Find your balance. Make a protein-packed smoothie to energize for a busy day. Center yourself after a stressful week by taking five minutes to write in your journal. Strengthen your body and calm your mind with simple yoga poses and breathing techniques. Craft a vision board to help you achieve your goals. Create a time budget to organize your schedule. Develop an evening routine that will help you wind down before sleep. Award-winning author Aubre Andrus shares more than 50 do-right-now projects that will help you beat stress, smile big, and discover a calmer, more blissful you.

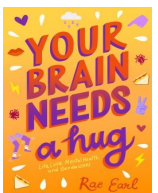


The Stress Survival Guide for Teens
Bernstein, Jeffrey

[YA 155.5 BER](#)

clinical psychologist Jeffrey Bernstein offers practical and easy-to-learn tips based in cognitive behavioral therapy (CBT) and positive psychology to show teens how to keep stress and worry from taking over their life so they can overcome setbacks and set themselves up for success.

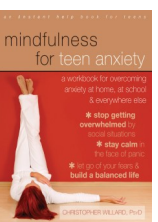
[Hoopla e-book](#)



Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches
Earl, Rae

[YA EARL](#)

Imbued with a sense of humor, understanding, and hope, *Your Brain Needs a Hug* is a judgment-free guide for living well with **your** mind.

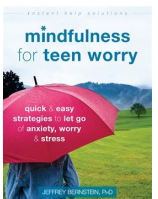


Mindfulness for Teen Anxiety
Willard, Christopher

Being a teen is hard enough without anxiety getting in the way. You are changing more than ever before, not just physically, but mentally. And if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety—and your life!

[Overdrive e-book](#)

[Hoopla e-book](#)



Mindfulness For Teen Worry
Bernstein, Jeffrey

You'll be introduced to simple, effective techniques to help you become more mindful-like harnessing the power of the breath and how to relax your body in times of stress. If you struggle with worry or anxiety that gets in the way of being your best, this fun and friendly guide will help you maintain a mindful life in a frenzied world.

[Hoopla e-book](#)



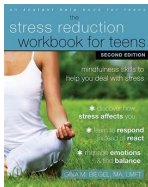
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Instant Help Book for Teens Series on Hoopla

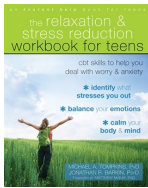


The Stress Reduction Workbook For Teens

Biegel, Gina M.

Written by a psychotherapist specializing in mindfulness-based stress reduction (MBSR) and featuring brand new exercises, *The Stress Reduction Workbook for Teens, Second Edition* shows how mindfulness skills can help you relax, prioritize, and keep calm during stressful times.

[Hoopla e-book](#)



The Relaxation and Stress Reduction Workbook For Teens

Tompkins, Michael A. & Jonathan R. Barkin

Based on the self-help classic, *The Relaxation and Stress Reduction Workbook*, this evidence-based guide will help you develop a game plan for reducing stress so you can focus on reaching your goals.

[Hoopla e-book](#)

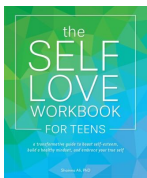


The Self-Compassion Workbook For Teens

Bluth, Karen

This workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care.

[Hoopla e-book](#)

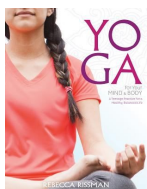


The Self-Love Workbook for Teens

Ali, Shainna, Ph.D.

A transformative guide to boost self-esteem, build healthy mindsets, and embrace your true self.

[YA 158.1083 ALI](#)



Yoga For Your Mind and Body: A Teenage Practice For a Healthy, Balanced Life [YA 613.7046 RIS](#)

Rissman, Rebecca

Presents yoga techniques and poses to promote brain power, stress relief, strength, and fitness.

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[Shanti Generation Teen Yoga for Students And Mindfulness Educators on Kanopy](#)



Gulf Coast Meditations: Children, Tweens & Teens

Various Artists

[Hoopla Album](#)



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