

Books & Learning

Stress Management for Teens

Recommended for Ages 13 - 18

Teens, feeling overwhelmed with anxiety and stress? Take back your poise, confidence, and ability to respond well to stress rather than blindly reacting to it.

Books

[*Be Mindful and Stress Less: 50 Ways to Deal with Your \(Crazy\) Life* by Gina M. Biegel](#)

[*Project You: More than 50 Ways to Calm Down, De-Stress, and Feel Great* by Aubre Andrus](#)

[*Transforming Stress for Teens* by Rollin McCraty](#)

[*Conquer Your Fears and Phobias for Teens* by Andrea Umbach](#)

Free Online Courses

Universal Class: Stress Management

library.universalclass.com/i/librarycourse/stress-management-101.htm

Learn what causes stress and techniques to combat it.

Universal Class: Yoga 101

library.universalclass.com/i/librarycourse/learn-yoga.htm

Discover beginner yoga poses and meditations to help slow down and calm your mind.

Useful Websites

Mayo Clinic: Stress Management

mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044476

Learn the 4 A's (avoid, alter, accept and adapt), strategies for coping with stress.

Just for Teens: A Personal Plan for Managing Stress

tinyurl.com/yx6k9tzb

Use this tool from the American Academy of Pediatrics to develop your own unique plan for coping with stressful situations.