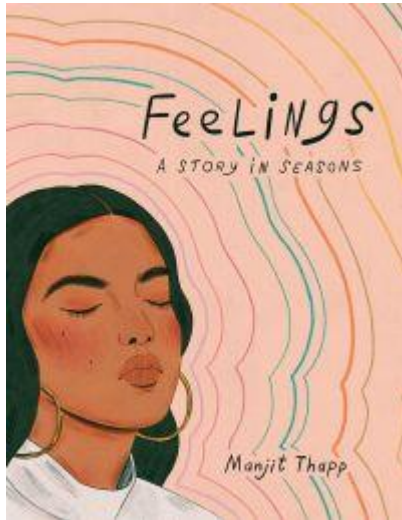


Teens
Focus on Mental Health

Reading Material



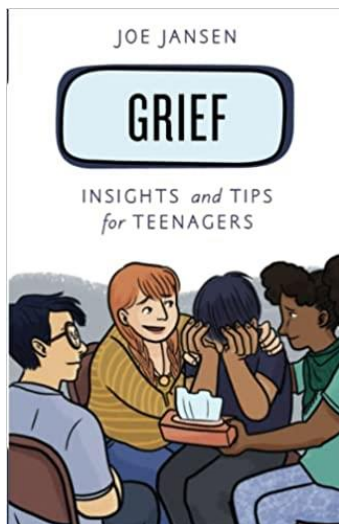
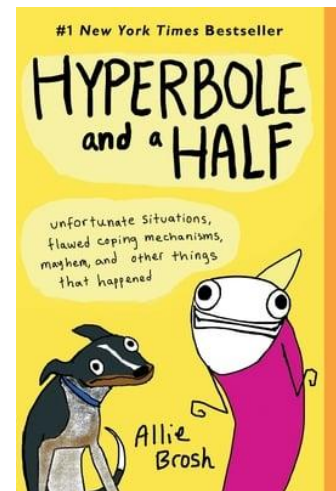
Feelings by Manjit Thapp

"In Feelings, Thapp's moods change as quickly as the weather. I love how she uses the graphic form to chart her emotional life over the course of four seasons. It reads like a poem, one embellished with vivid imagery that only helps to bring alive the range of emotions we move through as humans. Joy. Pain. Anxiety. Pressure. We see them all, and we see also that they're all valid."

Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened by Allie Brosh

"This full-color, beautifully illustrated edition features more than fifty percent

new content, with ten never-before-seen essays and one wholly revised and expanded piece as well as classics from the website like, "The God of Cake," "Dogs Don't Understand Basic Concepts Like Moving," and her astonishing, "Adventures in Depression," and "Depression Part Two," which have been hailed as some of the most insightful meditations on the disease ever written."



Grief: Insights and Tips for Teenagers (Empowering You) by Joe Jansen

Grief: Insights and Tips for Teenagers is a compassionate guide to help you and those you care about navigate the difficult path of grief. Filled with the words of other young adults who have walked this road themselves, you will find that you are not alone—and that things do get better.

NEVER FIGHT ALONE



51 Inspiring Interviews to Help Teens Overcome Their Struggles & Improve Their Mental Health
SHELOMO SOLSON

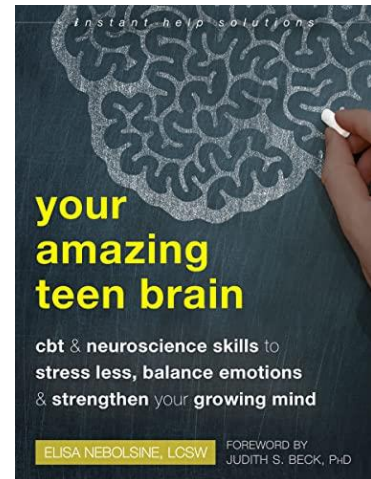
Never Fight Alone: 51 Inspiring Interviews to Help Teens Overcome Their Struggles & Improve Their Mental Health by Shelomo Solson

"Never Fight Alone is a book for teens that consists of 51 inspiring interviews with all sorts of people who have faced similar problems. From teen entrepreneurs to former professional athletes to inspirational authors and speakers, they describe the obstacles they faced, how they overcame them, and offer life-changing tips for how readers can do the same."

Your Amazing Teen Brain by Elisa Nebolsine, LCSW

"In Your Amazing Teen Brain, you'll find skills grounded in cognitive behavioral

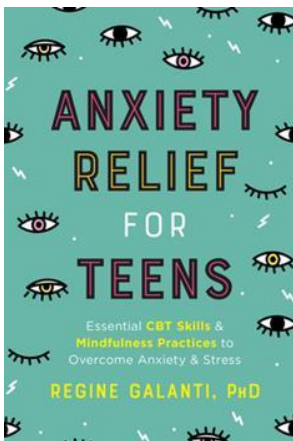
therapy (CBT) and neuroscience to help you take advantage of your growing mind, manage difficult emotions, build better relationships, and face all the challenges of growing up—from academic pressure to social drama. You'll also gain a better understanding of how your brain works and why the teen years are so intense, and find real skills you can use to stay cool when emotions take over."



your amazing teen brain

cbt & neuroscience skills to
stress less, balance emotions
& strengthen your growing mind

ELISA NEBOLSINE, LCSW FOREWORD BY JUDITH S. BECK, PhD

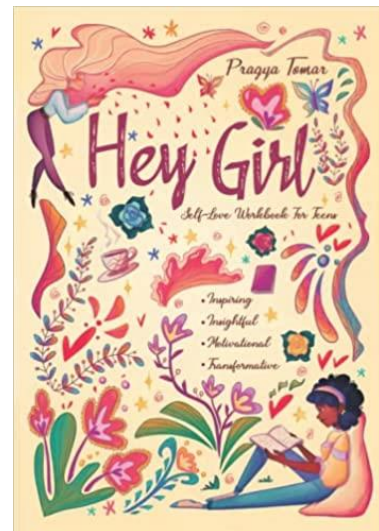


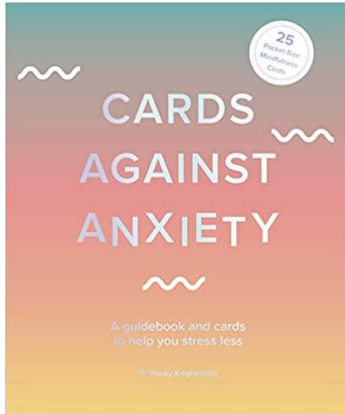
Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress by Regine Galanti, PhD

"With Anxiety Relief for Teens, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges."

Hey Girl! Self-Love Workbook For Teen Girls by Pragya Tomar

"As a beautiful and heartfelt workbook that seeks to empower teen girls with a boundless source of self-love and confidence, Hey Girl! Self-Love Workbook for Teen Girls is a gorgeous book that artfully blends uplifting affirmations and thoughtful writing prompts to promote self-acceptance, emotional development, and personal growth."



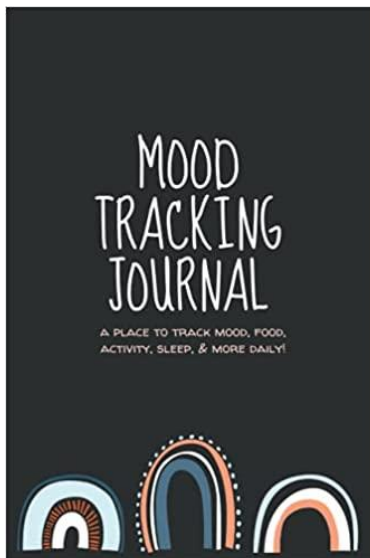
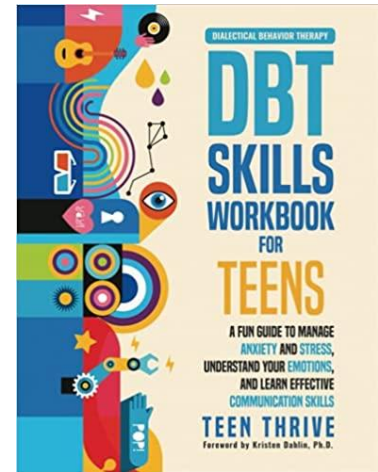


Cards Against Anxiety by Dr. Pooky Knightsmith

Cards Against Anxiety is a unique approach to dealing with anxiety, overwhelming thoughts, and other unwanted feelings that accompany the stresses of everyday modern life. This slipcase set includes a guide to cognitive behavioral therapy (CBT) techniques, and a deck of 25 wallet-size cards.

The DBT Skills Workbook for Teens by Teen Thrive

Adolescence is a crucial period for developing and maintaining social and emotional habits essential for mental well-being. The problem is this is easier said than done. Considering all the distractions and peer pressure our teens deal with that we did not have when we were their age, how can we help them? The techniques taught in DBT can make your teen's journey into adulthood a lot smoother.



Mood Tracking Journal: Daily Mood Notebook & Mental Health Tracker by Mel's Publishing

"Morning and evening, you'll have room to document your moods & emotions, what you think prompted that emotion, and your action plan to maintain or change that emotion. There's also room to track hours slept, energy level, food you've eaten, and physical activity. Use the prompts to set a daily goal & write down something you're grateful for."

It's Your Weirdness That Makes You Wonderful: A Self-Acceptance Prompt Journal by Kate Allan

"Depression and anxiety are topics that can be uncomfortable to talk about, but that doesn't mean they should be avoided. With the help of her adorable support animals, art blogger Kate Allan urges us to be mindful of our mentality. Through encouraging self-love affirmations, mindfulness activities, doodle ideas, and journaling prompts, this affirming animal therapy book helps us sort through and express our feelings."

