



Guiding Adolescents to Use Healthy Strategies to Manage Stress

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- More than 100 cloud-based video clips, including a comprehensive stress management plan and mindfulness strategies
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In today's pressure-cooker society, youth need to tap into their strengths, acquire specific skills to cope, recover from adversity, and be prepared for future challenges. That's a tall order for young people but may be particularly challenging for youth exposed to chronic stress or traumatic experiences.

Most risky teen behaviors serve at least partly as coping strategies that help youth manage uncomfortable stressors. These behaviors offer fleeting relief but lead to troubling patterns that only magnify stress and are in some cases life threatening. Helping youth develop a range of positive alternative coping strategies may diminish their need to turn to these worrisome quick fixes and will prepare them to thrive.

This multimedia product is a selected portion of *Reaching Teens: Strength-Based Communication Strategies to Build Resilience and Support a Healthy Adolescence*. If you have purchased *Reaching Teens*, then do not also select this product.

Developed for all youth serving professionals, *Guiding Adolescents to Use Healthy Strategies to Manage Stress* helps you

- Improve your skill sets in helping adolescents manage life's challenges.
- Offer practical approaches for guiding youth to control their reactions and choose healthier behaviors
- Use strategies to de-escalate tension when stressors lead to crises

Parents will find the chapters on mindfulness and stress and coping particularly useful as they help their children choose healthy ways to manage stress. They also may find the chapter on perfectionism helpful as they consider how to raise children prepared to be authentically successful in a competitive world. Parents will learn how professionals address these issues and, perhaps more importantly, will have access to films they can show their teens.

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