

# Relaxation Tools for Teens

1. Mindfulness: to increase awareness of thoughts, emotions, or physical body sensations that come before the symptoms of stress. Helps get to the root of the problem.
  - ♦ Mindfulness For Teens: Meditation Practices To Reduce Stress And Promote Well-Being, Gina Biegel
  - ♦ Still Quiet Place: Mindfulness For Teens, Amy Saltzman, MD
2. Positive Thinking: thought tracking to free from negative thinking.
  - ♦ Mind Coach, Dr. Daniel Amen
  - ♦ You Are Not Your Thoughts, Brian Despard
  - ♦ The Power of Positive Thinking for Teens, Mary Lou Carney and Norman Vincent Peale
3. Books that build skills and inspire.
  - ♦ The 7 Habits Of Highly Effective Teens, Sean Covey
  - ♦ Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along With Others, Sheri Van Dijk
  - ♦ The Social Success Workbook for Teens: Skill-building Activities for Teens With Nonverbal Learning Disorder, Asperger's Disorder, & Other Social-skill Problems by Barbara Cooper
4. Create relaxation rituals: Ex. Bedtime bath, soft blanket, affirmations book or write one thing you are grateful of today, lavender pillow, music, etc.
  - ♦ Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Self-awareness, Lori Lite
  - ♦ The Stress Reduction Workbook for Teens, Gina Biegel
5. Learn tools for expression of emotions: Ex. anger scream in a pillow, hit a pillow while you are in your room, stomp on the basement floor, squeeze/release your feet or your whole body, dance, take deep breathes; sad – ask for a hug, pet the dog, snuggle your blanket, draw, write, talk
  - ♦ The Anger Workbook for Teens: Activities to Help You Deal With Anger and Frustration, Raychelle Cassada Lohmann
  - ♦ Beyond the Blues, Lisa M. Schab
  - ♦ The Anxiety Workbook for Teens: Activities to Help You Deal With Anxiety & Worry by Lisa M. Schab
6. Yoga Awareness /Physical Release of Stress
  - ♦ Shanti Generation - Yoga Skills for Youth Peacemakers (Ages 7-16) ~ Abby Wills
  - ♦ Yoga for Beginners, Michael Wohl
  - ♦ Thera-Flex Therapy Putty - 1 lb by Thera-Flex
  - ♦ Select 20-537 Foot Massage Ball, Select Sport America
  - ♦ Panic Pete Squeeze Toy, Schylling
  - ♦ Scalp Massager, Body Back Company
7. Relaxation CDs: teaching self-soothing to reduce the need for movement/chatter to soothe, or adrenaline rushing activities like pushing people's buttons.
  - ♦ Indigo Teen Dreams: Guided Relaxation Techniques Designed to Decrease Stress, Anger and Anxiety while Increasing Self-esteem and Self-awareness, Lori Lite
  - ♦ Indigo Dreams: Teen Relaxation Music Decreasing Stress, Anxiety and Anger, Improve Sleep, Lori Lite
  - ♦ Zen and the Art of Relaxation, Anzan

**Helping people bring structure and calm to chaos.**

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