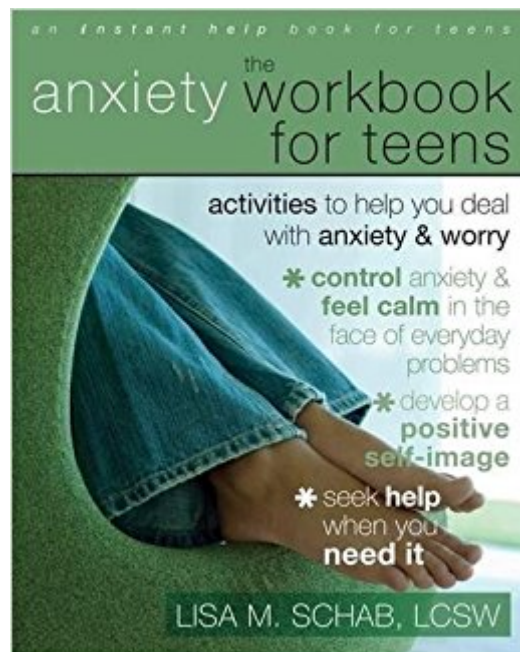




The book was found

# The Anxiety Workbook For Teens: Activities To Help You Deal With Anxiety And Worry



## Synopsis

If you feel anxious most of the time, you're not alone. There is no one in the world who doesn't feel anxious at some time. And it is even more common to feel anxious during adolescence, because so many changes are taking place in your body, your mind, and your emotions. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen. The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety. Anxiety is a common and very treatable condition. Working through the activities in this book will give you many ideas on how to both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. They are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you ready to change your life for the better and get your anxiety under control, this workbook can help you start today.

## Book Information

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## Customer Reviews

[View larger](#) [View larger](#) Studies have shown that young people who learn healthy coping

skills early on are better able to navigate problems later in life. Engaging and easy-to-use, these books provide kids and teens with the tools they need to thrive— at home, at school, and on into adulthood. Young people today need mental health resources more than ever. That's why New Harbinger created Instant Help Books especially for kids and teens. Founded by renowned child psychologist Lawrence Shapiro and written by leading professionals, these evidence-based self-help books and workbooks offer practical tips and strategies for dealing with a variety of mental health issues and life challenges, such as depression, anxiety, bullying, eating disorders, trauma, and self-esteem problems.

[View larger](#) From the Workbook: When people overgeneralize, they assume that because they had one negative experience in the past, they will always have the same negative experience in the future—even though there is no evidence for that. This assumption raises their anxiety level whenever they encounter a situation that has been negative, even just once, in the past. People who overgeneralize often use the words 'always,' 'never,' 'no one,' 'everyone,' 'all,' and 'none.'

About one in four teens suffers from mild to serious problems with anxiety, and many of them get little or no help. This workbook, written by an experienced therapist, gives teens a collection of tools to help control anxiety and face day-to-day challenges. This workbook both gives anxious teens insight into their problems and offers practical guidance for overcoming them.

The activities within this workbook are applicable to a variety of girls which is great. Some of the feedback I have received from clients is that they want more, want the opportunity to continue to go in depth with their application of some of the coping skills activities. Overall this seems to be a valuable resource for clinicians and individuals struggling with anxiety.

I picked this up because I work with teens and young adults. The explanations are clear without talking down to the audience. Ms. Schab also provides a lot of simple exercises teens (or anyone) can use to reduce anxiety. I'll definitely be using this with clients in my practice.

I work with psychiatric adolescents and have been using this workbook in a group setting. It works for some but not others. Many of my patients cannot relate to the examples as school isn't a major issue (or they simply don't go) but rather, homelife and drugs

Great book for teens to use with parents or in home therapist

Some of the pics are pretty Juvenal more for upper elementary or JR high age, but I have been able to pretty easily adapt for older high school age clients

Great book to help teenagers with their anxiety. My daughter loved working through the book and learned new skills.

This is too juvenile for my 16 year old. Maybe better suited for a pre-teen.

The book was not very helpful with my teen, but may work for others.

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