

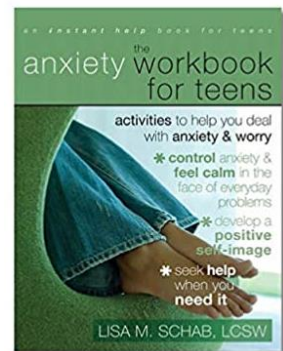
Dealing with anxiety

Books for young people

The Anxiety Workbook for Teens by Lisa Schab

Recommended age: 13+

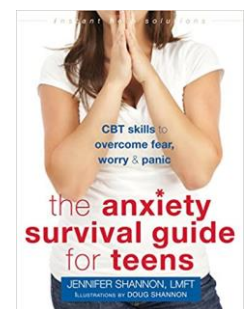
Learning strategies to manage anxiety early will allow young people to build a toolbox to help them throughout their lives. This book addresses dealing with anxiety in day-to-day situations, learning how to control this, developing a positive self-image and knowing when to seek help.



The Anxiety Survival Guide for Teens by Jennifer Shannon

Recommended age: 13+

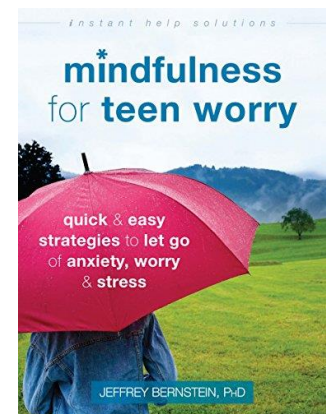
If you have anxiety, your fears and worries can keep you from feeling confident and independent. This book teaches you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.



Mindfulness for Teen Worry by Jeffrey Bernstein

Recommended age: 13+

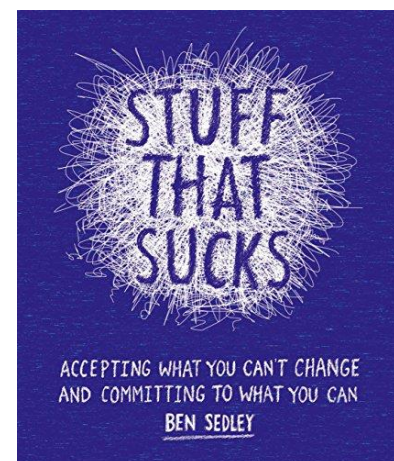
If you struggle with worry or anxiety that gets in the way of being your best, this fun and friendly guide will help you maintain a mindful life in a frenzied world. Learn powerful and easy-to-use mindfulness skills to manage common worry struggles teens face and simple, effective techniques to help you become more mindful.



Stuff that Sucks by Ben Sedley

Recommended age: 12+

We all have thoughts that are painful at times; sadness, worry, anger, shame or even grief. If you are a young person struggling with your emotions, you want to feel that your emotions are valid. This book encourages you to accept your emotions rather than struggling against them and shows you how to reconnect with what is really important to you.



Conquer Negative Thinking for Teens by Mary Karapetian Alvord & Anne McGrath

Recommended age: 13+

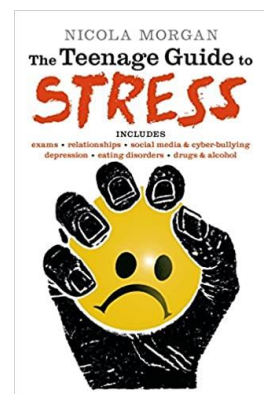
Sometimes, a pattern of negative thinking makes it hard to feel happy or glad — but it is possible to break those thinking habits and develop a more positive outlook. This book looks at common negative thoughts and helps teens recognise the behaviours, emotions, and bodily sensations they might experience when they get stuck in that thought habit. It provides guidance for replacing them with more realistic, helpful thoughts.



The Teenage Guide to Stress by Nicola Morgan

Recommended age: 13+

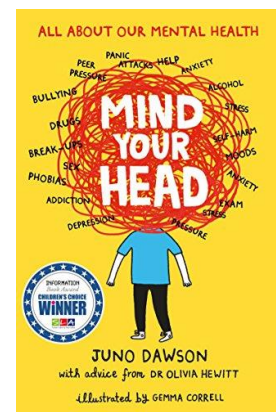
This book explains the biology behind stress and a huge range of strategies and suggestions to deal with it and prevent negative symptoms. It offers a fantastically wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.



Mind Your Head by Juno Dawson

Recommended age: 13+

We all have a mind, so we all need to take care of our mental health, and the first step is being able to talk about our mental health. This book talks clearly and supportively about a range of issues facing young people's mental health - whether fleeting or long-term - and how to manage them. It includes real-life stories from young people around the world and witty illustrations.



It's All in Your Head by Rae Earl

Recommended age: 13+

This witty and honest book offers friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. It won't try and fob you off with confusing jargon or irritating slogans but will help you through it with a smile.

