

Teen Wellness Resources

App (free) for iPhone or iPad designed to help teens and young adults cope with anxiety:

- MindShift by Creative B'stro located at <https://appsto.re/us/zwi1L.i>

YouTube videos:

- "Video Meditation – Stress Relief in 10 Minutes Flat" located at <http://www.youtube.com/watch?v=bhqU531xSN0>
- "I Had a Black Dog, His Name was Depression" located at www.youtube.com/watch?v=XiCrniLQGYc

Books:

- Getting Your Child to Say "Yes" to School, Christopher Kearney, PhD, Oxford University Press, 2007
- When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Treatment that Works), Christopher Kearney, PhD, Oxford University Press, 2 edition, 2007
- Helping Your Anxious Child: A Step by Step Guide, Rapee et al, New Harbinger, 2000
- Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families, Manassis & Levac, Woodbine House, 2004
- The Anxiety & Phobia Workbook, Bourne, New Harbinger, 2005
- Uncommon Sense for Parents with Teenagers, revised ed., Michael Riera, PhD, Celestial Arts, 2004
- Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 year olds, 2nd ed. Thomas Phelan, PhD, CMI, 1998
- The Good Enough Child: How to Have an Imperfect Family and Be Totally Satisfied, Brad Sachs, PhD, Quill, 2001
- The Confident Child: Raising Children to Believe in Themselves, Terri Apter, PhD, Bantam, 1997
- Mindset: The New Psychology of Success by Carol Dweck
- Brainstorm: The Power and Purpose of the Teenage Brain by Daniel J. Siegel