



## The stress survival guide for teens : CBT skills to worry less, develop grit, and live your best life /

Bernstein, Jeffrey (1961-),  
author

Young adult literature

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Young adult non-fiction.

Monografía

Between school pressures, friends, dating, social media, and planning for the future--is it any wonder today's teens are stressed out? In *The Stress Survival Guide for Teens*, clinical psychologist Jeffrey Bernstein offers practical and easy-to-learn tips based in cognitive behavioral therapy (CBT) and positive psychology to show teens how to keep stress and worry from taking over their life so they can overcome setbacks and set themselves up for success

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**Título:** The stress survival guide for teens CBT skills to worry less, develop grit, and live your best life Jeffrey Bernstein

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**Descripción física:** 1 online resource (vi, 208 pages) illustrations

**Contenido:** Introduction: Managing stress to feel happier -- part 1. "I feel like I'm on a roller coaster". Why you get stressed out ; Noticing your body's stress signals ; Getting to know the brakes -- part 2. Using CBT skills to slow down the roller coaster. Noticing, evaluating, and changing your distorted negative thoughts ; Choosing helpful coping behaviors -- part 3. The power of positive psychology. Seeing your strengths, optimism, and grit ; Finding flow and gaining gratitude -- part 4. Using your brakes on three of the most challenging rides. Surviving schoolwork stress ; Riding our friendship frustrations and dating drama ; Managing family ups and downs -- Final words: Stress management for life

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