



2019-2020

Best Practices Resources

Uncovering Skills for Stress Resilience

Books

Anxiety Free Kids: An Interactive Guide for Parents and Children (2016)

by Bonnie Zucker

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children (2003)

by Reid Wilson and Lynn Lyons

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (2015)

by Brene Brown

Enough as She Is : How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives (2019)

by Rachel Simmons

Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens (2014)

by Tamar Chansky

Make It Stick: The Science of Successful Learning (2014)

by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel

Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond—and How Parents Can Help (2019)

by Phyllis L. Fagell

Mindful Kids: 50 Mindfulness Activities for Kindness, Focus, and Calm (2017)

by Whitney Stewart and Mina Braun

Mindfulness in Plain English (2011)

by Bhante Gunaratana

Mothering and Daughtering: Keeping Your Bond Strong Through the Teen Years (2013)

by Eliza Reynolds and Sil Reynolds

Playing with Anxiety: Casey's Guide for Teens and Kids (2014)

by Reid Wilson and Lynn Lyons

Stopping the Noise in Your Head: The New Way to Overcome Anxiety and Worry (2016)

by Reid Wilson

Teach, Breathe, Learn: Mindfulness In and Out of the Classroom (2014)

by Meena Srinivasan

Teach Your Children Well: Why Values and Coping Skills Matter More Than Grades, Trophies, or "Fat Envelopes" (2016)

by Madeline Levine

The Confidence Code for Girls: Taking Risks, Messing Up, and Becoming Your Amazingly Imperfect, Totally Powerful Self (2018)

by Katty Kay and Claire Shipman

The Price of Privilege: How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids (2008)

by Madeline Levine

The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives (2018)

by William Stixrud and Ned Johnson

The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It (2015)

by Kelly McGonigal

Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls (2019)

by Lisa Damour

Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood (2017)

by Lisa Damour

Wherever you Go There You Are: Mindfulness Meditation in Everyday Life (2005)

by Jon Kabat-Zinn

Articles

6 Ways to Reduce Your Middle Schooler's Stress

by May Duong and Ilaria Boffa, September 28, 2015

www.parenttoolkit.com

At a Glance: Signs of Stress in Your Middle-Schooler

by Peg Rosen; <https://www.understood.org>

Your Child and Anxiety: School Stress Starts Early

[Student Stress Starts Early. The Problem: Premature Pressure by Parents, Peers]

by Daniel J. DeNoon, March 01, 2007

www.webmd.com

People

Dalton, Jonathan (<https://changeanxiety.com/>)

Damour, Lisa (<https://www.drlisadamour.com/>)

Fagell, Phyllis L. (<http://www.phyllisfagell.com/>)

Lyons, Lynn (<https://www.lynnlyonsnh.com/>)

Stixrud, William (<https://stixrud.com/>)

Zucker, Bonnie (<http://www.bonniezucker.com/>)

Documentaries

Angst (2017)

Project Happiness (2011)

Screenagers (2016)

Screenagers NEXT CHAPTER: Uncovering Skills for Stress Resilience (2019)

Status Anxiety (2008)

Podcasts

PEP Talks Podcast: Conversation with Dr. Lisa Damour (2019)

<https://www.ncgs.org/advocacy/blog/2019/02/11/pep-talks-podcast-conversation-with-dr-lisa-damour/>

Teaching for Better Humans (2019)

<https://www.npr.org/programs/ted-radio-hour/760255581/teaching-for-better-humans>

Programs & Resources

Mental Health:

<https://www.nami.org/>
<https://www.every-mind.org/community-education/>
<https://www.mhamd.org/getting-help/free-publications/>
<https://childmind.org/>
<https://www.mentalhealthfirstaid.org/>
<https://strong365.org/>
<https://www.6seconds.org/>
<https://bornthisway.foundation/>
<https://adaa.org/finding-help/mobile-apps>
<https://www.samhsa.gov/find-help/national-helpline>
<https://www.7cups.com/>
<https://www.betterhelp.com/>
<https://www.boystown.org/hotline/Pages/default.aspx>
<http://www.211.org/>

Mental Wellness Clubs:

<http://www.intheforefront.org/>
<http://webhost.bridgew.edu/marc/PEER%20LEADERSHIP%20Descriptions.pdf>

Mindfulness:

<https://www.mindfulschools.org/>
<https://greatergood.berkeley.edu/mindfulness>
<https://www.uclahealth.org/marc/>
<https://www.mindful.org/how-to-practice-mindfulness/>
Apps for your cell phones:
<https://www.stopbreathethink.com/>
<https://www.headspace.com/>
<https://www.tenpercent.com/>
<https://www.calm.com/>

Resiliency Skills in Schools:

<https://casel.org/>
<https://www.secondstep.org/out-of-school-time-program>

<http://ei.yale.edu/ruler/ruler-overview/>
<https://www.awayforthe day.org/>
<http://www.thebullyproject.com/>

Suicide Prevention:

<https://www.activeminds.org/programs/suicide-prevention-month/>
<https://www.thetrevorproject.org/>
<https://suicidepreventionlifeline.org/>
<https://www.crisistextline.org/depression>