



YOUR MOST IMPORTANT ASSIGNMENT IS YOU

Conquer negative thinking
Develop self-compassion
Overcome setbacks
Set goals and achieve them
Regain hope

A Workbook of Mental Health Activities for Teens
by Angela M. Doel, M.S. & Lawrence E. Shapiro, Ph.D.

Your Most Important Assignment Is YOU

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for Teens

By Angela M. Doel, M.S.
Lawrence E. Shapiro, Ph.D.

Between Sessions Resources, Inc.
Coral Gables, Florida

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Disclaimer: This book is not intended to be used as a substitute for psychotherapy. If you are experiencing serious symptoms or problems in your life, seek the help of an experienced mental health professional.

IMPORTANT: If you feel like your problems are causing an immediate danger to yourself or others, call 911 immediately. If you have thoughts of hurting yourself or of suicide, call the National Suicide Hotline: 800-273-8255 or go to their website:

<https://suicidepreventionlifeline.org/>

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Introduction

It's a a very difficult time for teens . . . and parents and teachers too! Lots of teens are depressed and anxious and wondering if their lives will ever get back to normal. As psychologists, we know that you can overcome the problems that are bothering you by learning specific psychological skills. These skills help you change your negative thinking, manage and understand your emotions, and learn new behaviors that will make you feel better about yourself and the people around you. Now is a great time to start feeling good about life again.

You might be surprised to know there are psychological skills you can learn to help you be happier, but there are thousands of studies that tell us this is true, and millions of people have learned these skills. In fact, the number one most popular course at Harvard University teaches students how to be happy!

Learning the skills that will make you feel happier will take a little work, but it doesn't have to take a lot of time. If you spend just 10 or 15 minutes a day, you can "train your brain" to stop worrying so much. You can learn how to face difficult feelings like sadness and fear and even loneliness. In fact, this workbook can help you overcome all kinds of mental health problems, particularly ones caused by the COVID-19 pandemic.

The workbook will teach you 36 psychological skills to help make you feel more in control of your life and more hopeful about the future.

These skills include:

- Positive Thinking
- Setting Goals
- Connecting with Friends
- Finding Help When You Need It
- Overcoming Setbacks
- Developing Self-Compassion
- Nurturing Hope
- Dealing with Depression
- Handling Emotional Pain
- Journaling
- Cultivating Mindful Awareness

All these skills are helpful, but most people find that one or two skills are more helpful than others. You can start with the first activity and work your way through the book, or you may want to look through the book first and find the activities that appeal to you most. There is no "wrong way" to use this workbook.

The most important thing we hope you will learn from this book is that mental health problems don't have to take over your life. Just like washing your hands, brushing your teeth, and eating nutritious food to keep your body healthy, you can learn new mental health habits to help you create days that are filled with happiness and promise.

Accepting Unpleasant Experiences, Thoughts, and Feelings

What to Know

Language is used to describe experiences, including those that have caused unpleasant or uncomfortable feelings. If you label experiences negatively, you might limit, avoid, or try to control situations to decrease or eliminate your discomfort. As a result, you may miss opportunities, encounter harm, or experience unhappiness. For example, if you label a party as boring because you felt left out of the conversation, you might decide that parties are no fun, so why bother going?

This worksheet will help you understand your experience of the present moment doesn't have to be determined by past experiences you have identified as unpleasant or uncomfortable. Accepting unpleasant thoughts and feelings, rather than avoiding them, creates opportunities for positive and rewarding experiences you might otherwise have missed.

What to Do

Identify five negative thoughts or feelings that cause you to limit, avoid, or control certain activities (for example, anxiety, worry, sadness, jealousy, fear, insecurity, etc.).

Write down situations you avoid to keep from experiencing discomfort.

Identify and describe positive thoughts and feelings you could have if you permitted yourself to engage in these situations, rather than avoid them. Be as specific and descriptive as possible. This will help you identify the experiences you are choosing to miss out on.

Now, choose one activity you have avoided in the past:

Do this activity, then describe your thoughts and feelings throughout the experience.

What did you do to change your negative thoughts and feelings to create a more positive experience?

Acts of Kindness Lead to Happiness

You Should Know

Research indicates that being kind will not just benefit people you help, but can also make you happy, too. Regular acts of kindness can actually lift your mood on a permanent basis. According to research by Dr. Sonja Lyubomirsky, author of The How of Happiness, kindness can start a chain of positive social consequences, bringing you closer to others and helping you appreciate the most positive aspects of human nature.

The Random Acts of Kindness movement advocates thoughtful and considerate acts as a way of life, but research actually shows that the "happiness benefits" of acts of kindness are greatest when you consciously decide to do a kind act just one day a week. On that day, you can seek to do a significant act of kindness, for example, not just holding the door for someone but perhaps taking the time to write a note of appreciation to someone important in your life.

What to Do

Rate your happiness, where 1 = Very unhappy to 10 = I am the happiest I have ever been: _____

Think about people or organizations that could benefit from your acts of kindness. Describe things you can do or people who might benefit from your kind acts.

Decide what day of the week you will engage in your act of kindness, and schedule an activity or action each week. After you have participated for the first time, discuss your experience.

After one month of weekly experiences or activities, write down your thoughts.

Now, rate your happiness after practicing acts of kindness for one month, where 1 = Very unhappy to 10 = I am the happiest I have ever been: _____

Asking for Help

What to Know

Creating a safe network of people is important. Your network includes anyone who could be available if you need help. Let's tackle a problem a lot of teens have faced—and have stumbled over: how to ask for help.

You might try to "disappear" or isolate—because of guilt, shame, depression, or a sense of unworthiness.

You deserve help and support.

In this exercise, you'll think about times in your life when you've asked for help and come up with strategies to ask for help when you need it.

What to Do

List three times you have asked for help.

1. _____
2. _____
3. _____

Now, write down three times in your life when you really needed help and didn't ask anyone. Note when it happened (year or your age), who was involved, the reasons why you didn't ask (if you can remember), and what you felt at the time.

1. _____

2. _____

3. _____

Now think about all the people in your life. How might each (or a few) of them help you with something you might need right now? Here are some typical things that teens have difficulty asking for help with:

- Getting a ride
- Household chore(s)
- Homework or school projects
- Emotional support or encouragement
- Applying for college or a job

Now fill in your own ideas for things you might need help with:

Record over the next week ways in which you can ask for help. Here are some ideas of how you might ask for help, by text, phone, email, or in person:

- *"Hi, _____. If you have a minute, I'm wondering if you can help me with something?"*
- *"Hi, _____. I have an appointment on Tuesday at 4:00. Would you be available and willing to drive me?"*
- *"Mom, you know how I love your chocolate chip cookies. I really need some comfort food right now. Would you have time to bake a batch?"*

You get the idea. Ask politely, assuming they have busy schedules. Be sure to say thank you. Someday, perhaps you'll be in a place when you can return the favor.

In the next week, record any situations when you need help, whom you asked and in what way, what you said, and what the outcome was. Even if you don't *really* need help, practice asking anyway and see what happens.

Sunday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Monday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Tuesday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Wednesday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Thursday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Friday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Saturday

Needed help with _____

Asked _____

What you said _____

How did you get in touch? _____

Outcome _____

Comments _____

Did this exercise help you ask for help when you needed it? Why or why not?

Becoming Aware of Your Upsetting Thoughts and Feelings

What to Know

Many teens deal with their problems by trying to avoid painful thoughts, feelings, sensations, and memories. They think if they just distract themselves, they will be fine. However, while avoiding these unpleasant inner experiences may help temporarily, these strategies usually only work for a short period of time.

There is also a significant personal cost to avoidance. Some teens spend hours each day avoiding the things that could upset them instead of using this time to enjoy life.

This exercise is designed to help you examine how you are avoiding the things that cause you to be anxious and upset, and how this keeps you from having a happier and more fulfilling life.

What to Do

Begin by listing the feelings you are trying to avoid. List three feelings that upset you.

List three thoughts that upset you.

List three sensations that upset you.

List three memories that upset you.

Write any additional upsetting thoughts, feelings, sensations, or memories here.

What do you do to avoid these unpleasant inner experiences?

List activities or events you avoid to keep from having painful inner experiences.

List the places you avoid to keep from having painful inner experiences.

List the people you avoid to keep from having painful inner experiences.

List substances—including alcohol, cigarettes, drugs, and food—you use to try to avoid unpleasant inner experiences.

Is there anything else you do to avoid unpleasant or painful inner experiences?

Now go back to what you have written and circle the three things you do most often to avoid unpleasant inner experiences. In the space below, write down how your life might be different if you could accept these unpleasant inner experiences rather than work so hard to avoid them.

Building Your Emotional Toolbox

What to Know

Sometimes you probably have strong or even scary emotions. You might not know how to handle them. All emotions are OK - it's what you do with them that counts.

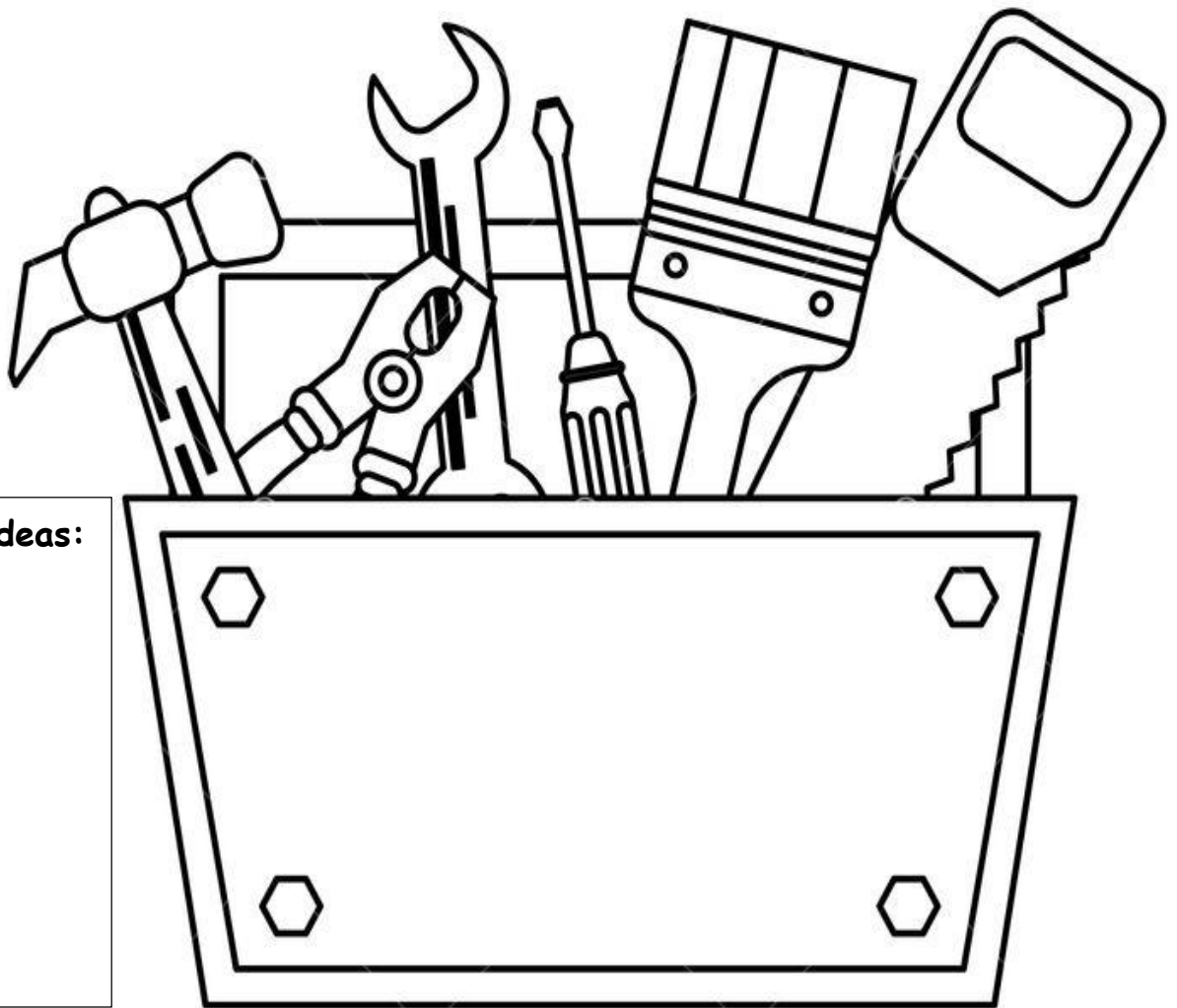
It's not OK to use your emotions as an excuse to hurt yourself or other people. Instead, find ways to manage your emotions, and build an "emotional toolbox" to cope when you feel flooded with emotions.

What to Do

Below are things you can do when you feel strong emotions. Make a copy of this page and cut out the ideas below. Choose a few you would like to try. Paste or tape them to the toolbox on the next page. Use the space around the toolbox, too. Include your own ideas. Use colored pencils or markers, stickers, or other craft items to decorate the page.

Listen to music.	Ground yourself by finding something you can touch, hear, or smell.
Go outside for a few minutes.	Take some deep breaths.
Splash cold water on your face.	Take a walk, stretch, or dance.
Count slowly to 10.	Use positive self-talk.
Talk to a trusted adult and let them know you're having a hard time. Ask for help.	Find something to play with in your hands, like clay or a fidget toy.
Write down how you're feeling and what happened.	Ask to be excused or leave the room for some time by yourself.
Kick a ball or shoot hoops.	Go for a hike or on a run.
Do a craft or bake cookies.	Vent to a friend.

_____ 's Emotional Toolbox



Other Ideas:

Creating A Better Day

What to Know

Activities offer healthy distractions, allowing you to enjoy yourself and create alternatives to ineffective or unhealthy behaviors. Planning your day so it includes pleasurable and meaningful activities will lift your mood and bring purpose to your life. Begin by writing down activities that will make your day more meaningful.

What to Do

Make a list of pleasurable activities, including activities you used to enjoy that you have stopped doing.

An activity that expresses my values: _____

An activity that always makes me smile: _____

An activity that relaxes me: _____

An activity that connects me with people I care about: _____

An activity that makes me think: _____

An activity I enjoy but I never have time for: _____

An activity that brings back wonderful memories: _____

An activity that makes me feel connected to a higher power: _____

An activity that is always fun: _____

Other activities that are meaningful to me:

Commit to doing one fun activity each day. Schedule it, including what, where, when, and with whom. Write down how you feel before and after the activity, where 1 = content, happy, and relaxed, to 10 = extremely upset, sad, or stressed.

Day	Mood (1-10)	Activity (Include Details)	Mood (1-10)	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Describe what it was like for you to practice an enjoyable activity each day.

Did you find this exercise challenging? Explain.

Describe whether or not your distress levels decreased as the week progressed.

Create a Vision of a Happier Life

What to Know

If you're depressed it might be hard to feel optimistic about the future. You might even feel anxious, overwhelmed, or sad when you set goals or imagine what your life will be like one year from now. With all those feelings it might be hard to get in touch with a sense of hope—hope for success and hope for a happier future. It's OK to hope, even if you're going through a tough time—maybe *especially* then. A vision of your future can serve as a powerful guidepost along your road to overcoming depression.

In this exercise, you'll create a vision statement to help you “keep your eyes on the prize”— living a happier life.

What to Do

Do you know what you want in your life? Is there anything in the way of your working toward what you want? Describe briefly.

Now, make a list of ten things you want in your life. There are no right or wrong answers, and you don't have to be realistic. Just go for it, whether it is getting a job, attending college, or falling in love—anything goes! Use extra paper if needed. If you want, you can create a collage of images from magazines or download photos or images from the Internet instead.

Things I Want in My Life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

How did that feel? Was it fun or stressful or a little bit of both?

Now you will create your vision statement.

Focus on your vision for six months, one year, and two years from today. Refer to your list of "wants" to help you shape your statements. Some categories you might want to include are:

- Relationship to drugs and/or alcohol (using/not using)
- Relationships with friends
- Relationships with family
- School
- Health
- Job
- Spirituality

Eating Better to Feel Better!

What to Know

Diet, stress, and mood are all intertwined, so it's important to consider what you're eating, not only for your physical health but also for your emotional wellbeing. It's not necessary to go to extremes in changing your diet. By simply being more mindful of what you're eating, you can find small ways to improve and that can add up to big changes.

The troublemakers:

- **Caffeine** - You'll find this stimulant in coffee, tea, chocolate, soda, energy drinks, and some over-the-counter medications. The temporary boost it provides can end in fatigue, headache, and tension. Caffeine has also been identified as a potential trigger for anxiety attacks and a contributor to other health issues such as insomnia, heartburn, aggression, irritability, heart palpitations, and high blood pressure.
- **Salt** - Sodium is present in many processed foods, so check labels and look for low-sodium or salt-free alternatives. Sodium consumption affects fluid retention, weight, and blood pressure, all of which, in turn, can affect your mood.
- **Sugar** - Eating a lot of simple sugars (such as white or brown sugar and honey) can cause health problems such as diabetes and hypoglycemia. Also, the temporary uplifting effects come with some other serious downsides, including an increased risk of depression.
- **Preservatives and hormones** - These substances are present in processed foods and many types of meats. Swapping in some whole, unprocessed, organic foods can help reduce consumption of these potentially harmful substances.
- **Nicotine and alcohol** - Introducing these substances into your system can cause a range of problems, not the least of which is aggravating anxiety. Nicotine is a stimulant, like caffeine, and alcohol a depressant. Both are addictive.

It should also be mentioned that what you don't put in your body can also be problematic. Nutrient deficiencies and dehydration can cause irritability, anxiety, and fatigue. So stop skipping meals and make sure you are drinking enough water.

What to Do

For the next week, keep track of how often you consume any of the above-listed items, and write in the predominant moods you had each day.

Day	Food and Drink	Your Moods
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

What and when did you eat? Did you eat three meals a day? Multiple meals a day?
How often did you snack?

Is your diet a good balance of protein, vegetables, healthy carbohydrates, healthy fats, and minimal sugar? Describe a typical day's intake.

Do you drink enough water? How much? How much caffeine?

Are you at a healthy weight? What would you need to do to get to a healthy weight for your body type and height? If you are seriously under- or overweight, you might want to consult with a nutritionist for some extra guidance.

If you noticed effects on your moods based on what you ate and drank, what do you want to change about your eating habits? Short term? Long term?

Expressing How You Feel

What to Know

It might be hard for you to open up and talk about your feelings. But you'll suffer if you keep your feelings bottled up. You'll be less likely to have depression, feel overwhelmed, or be stressed out if you express your feelings.

Having trouble expressing your feelings can also lead to a variety of problems with other people. You might be afraid to tell others how you feel. It might be uncomfortable being vulnerable, or you might be afraid the person will judge you or get upset.

Here are some ways you can express your feelings:

- Write about your feelings in a journal
- Do art - paint, draw, create sculptures, etc.
- Listen to music, play an instrument, or write lyrics
- Work out, go on a run, or dance
- Cry
- Talk and process feelings with someone you trust
- Write a letter

What to Do

Is it hard for you to express your feelings? If yes, explain why.

Are there certain people you have a harder time expressing yourself with than others? Write down their names.

Choose one person you have a hard time expressing your feelings to.

Write down their name: _____

It can help to use "I" statements when you talk to them.

Using "I" statements helps others understand how you feel and what is important to you.

Fill in these "I" statements with the person in mind.

I feel _____ because _____
_____.

I would like it if you would _____
_____.

I really want _____
_____.

I hope you understand that _____
_____.

You might practice using "I" statements with a friend or family member.

Who can help you? _____

What are some other ways you can express your feelings? Choose at least one idea from the list on the previous page. What will you do?

Practice using "I" statements and one other way of expressing your feelings for one month. After one month write down how you feel about expressing your feelings.

Finding Things in Your Life That Will Increase Inner Satisfaction

What to Know

There are many reasons why teens believe they are not successful. Their expectations may exceed their abilities. Perhaps they have parents who steer them in directions that don't suit their interests. They may be perfectionistic and set standards that are nearly impossible to achieve.

There are ways to measure success, but the most important kind of success is "inner satisfaction." In other words, even if there were no grades, money, or even external recognition involved, you would still pursue this activity. Inner satisfaction is true success.

Psychologists say that inner satisfaction comes from doing activities that feel almost effortless. Time goes by and you hardly think about it. They call this state of mind "flow." Flow refers to activities that help you grow and learn, yet they are also challenging. Playing video games, shopping, hanging out with friends, or watching videos are fun, but they don't bring you a sense of success or inner satisfaction. Flow occurs when you tackle a challenging activity that others might consider work, yet you find these activities engrossing even when they are difficult.

What to Do

What activities put you in a state of flow? Circle any activities you enjoy so much they seem almost effortless.

- music
- dance
- writing
- art
- drama
- team sports
- individual sports
- martial arts
- chess
- debate

- politics
- volunteer work
- environmental activism
- social activism
- entrepreneurship
- crafts
- building things
- inventing things
- teaching
- tutoring
- public speaking
- working with animals
- being in nature
- Other:

- Other:

- Other:

- Other:

Which of the above activities do you participate in now?

Are there activities you used to do, but you no longer do them?

How Much Do You Experience Flow?

Some things you do aren't fun at all, yet they have to be done. You do them because you don't really have a choice. Other activities are tolerable, even though you don't prefer them. It's worth noting that you can still find satisfaction in activities you don't particularly enjoy. Sometimes just completing a difficult task can be satisfying. The important thing is finding balance in your life. You'll want to do some things each day that are just for fun and other things which are more challenging. A feeling of success comes in finding satisfaction in whatever you do.

On the chart below, record all of the activities you do in a week. Rate your level of satisfaction with each activity with 0 = none, 5 = moderate, 10 = extremely satisfying.

Activity	Time Spent	Level of Satisfaction

How much time during the week do you spend on activities satisfy you?

Are there ways to make activities you don't really like more satisfying?

Can you think of ways to include more activities that give you a sense of flow?
Describe.

Focus on the Present and the Future

You Should Know

Every day is like a new page in the book of your life. You can write whatever you like! If you want, you can write today's page as a continuation of your problems, or you can start fresh. Suppose that today your story didn't have the same problems as yesterday or the day before. Suppose that today you began writing your problem out of your life.

How would you begin to write your problem out of your life? What will today (or tomorrow) look like if your problem does not play such an important part?

What to Do

What is one problem you're experiencing right now? Write it down.

Write about a day that doesn't have your problem in it.

Brainstorm some ways you can solve your problem. Who can help you? Just write down as many ideas as possible.

What can you do right now to increase the likelihood that you'll solve this problem?

Getting More Sleep to Feel Better

What to Know

Do you have a hard time falling asleep or staying asleep? Anxiety and depression can cause sleep problems. Getting enough sleep is an important part of your overall plan to feel better - and it's also important for your general health.

There are a variety of techniques that can help you get the sleep you need, but, of course, they only work if you are diligent at trying them and then using the ones that work best.

Try some of these activities and techniques for better sleep:

- Listen to soft music, read, take a warm shower, or meditate before going to bed.
- Exercise for at least 30 minutes each day, but *not* just before bedtime.
- Write a to-do list for the following day.
- Practice deep breathing or progressive muscle relaxation before you fall asleep.
- Avoid caffeine, alcohol, and nicotine, either entirely or at least in the evening.
- Keep your bedroom at a cool temperature (60-65 degrees).
- If you are sensitive to light and sound, wear earplugs and a sleep mask or try a white noise machine to mask the sound. There are white-noise apps available if you have a smartphone.
- If you have trouble falling asleep, get out of bed and do some light activity (like reading) in another room. Go back to bed when you feel drowsy.
- Go to bed and get up at the same time every day.
- Avoid eating heavy meals for at least 2-3 hours before bed.
- Make sure your mattress and pillows are comfortable.

What to Do

For two weeks use the chart to track your sleep and the methods you use.

Date	Hours Slept	Trouble Sleeping?	Methods Tried	Successful?
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No
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		<input type="checkbox"/> Yes <input type="checkbox"/> No		<input type="checkbox"/> Yes <input type="checkbox"/> No

Did the activities help you sleep better? Describe the two activities that helped you the most.

Did you face obstacles or challenges to falling asleep and staying asleep? Explain.

What else can you do to sleep better? Describe.

Getting Off the Stress Roller Coaster

What to Know

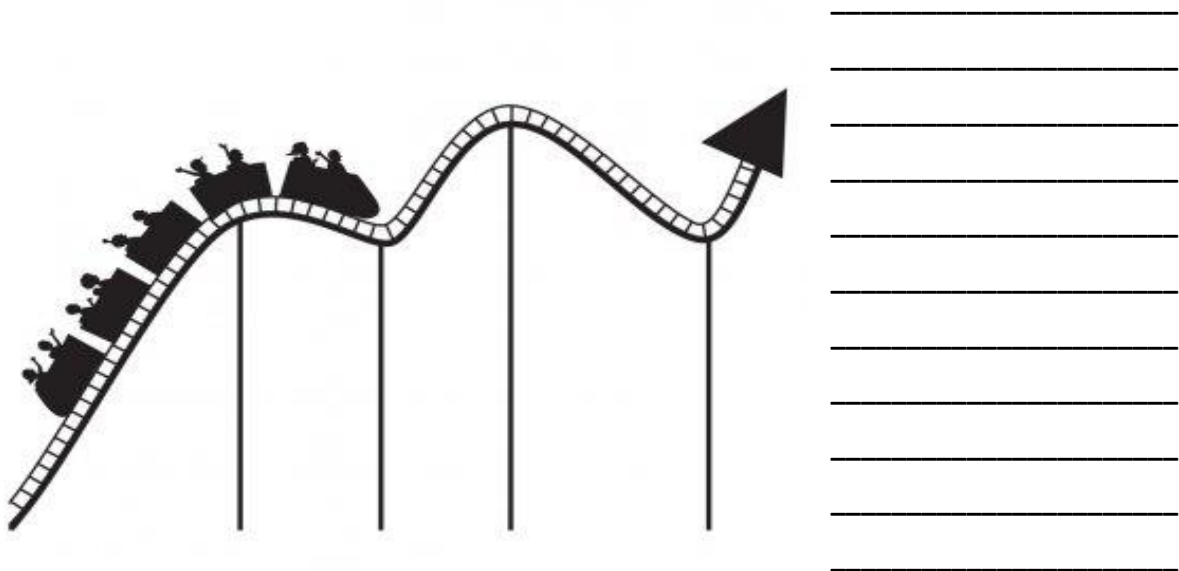
Stress can sometimes feel like a roller coaster with no way to get off. You might feel like you keep going up and down and upside down, and you can't stop it! You might even feel helpless, preventing you from making healthy choices to manage your depression.

There are things you can do to climb off the roller coaster. One thing you can do is set healthy boundaries. Boundaries are limits you set to take care of yourself, and might include joining fewer after-school activities or saying no to going out with friends.

Some stressors you might experience are having too much homework, keeping your grades up, completing college applications, participating in sports, making friends, or meeting your parents' expectations. You might also have to organize your schedule around a part-time job.

What to Do

Look at the roller coaster and write your stressors on the blank lines.



On a scale of 1 to 10, where 1 = lowest stress, to 10 = the highest stress imaginable, how would you rate each of the stressors? Write a number next to each stressor you wrote down.

You can get off the stress roller coaster and take control by identifying tools and resources to help you set boundaries. Then, you can make a plan. For instance, if homework is a big source of stress your plan might include:

- Dedicating time every day after school to do homework.
- Scheduling appointments with your teachers and/or guidance counselor to ask for help.
- Organizing your study space at home to reduce distractions.
- Joining an online study group or finding a tutor.

Take a look at the roller coaster. On the four "supports" under the track, write down four tools, people, or resources that can help support you in reducing your stress or setting boundaries to take care of yourself.

Was it hard to come up with positive "supports"? _____

Now look at your list of stressors. Choose two you think you can reduce by making some changes.

1. _____

2. _____

What steps can you take to reduce these stressors? Be really specific.

For the next month, you are going to do things to reduce the two stressors you wrote down above. On the following chart, record something you do each day to reduce one or both stressors. Describe what you did, and if anyone helped you. You might include tools or resources you used that were helpful, or ways you set limits to take care of yourself. Then rate your stress level, where 1= just a little stressed, to 10 = extremely stressed.

Date	What did you do to reduce your stress?	Who or what helped you?	Rate your stress level (1-10)

Date	What did you do to reduce your stress?	Who or what helped you?	Rate your stress level (1-10)

After one month, do you feel less stressed? Why or why not?

What tools, resources, or people helped you the most to get off the stress roller coaster?

What was the most challenging part of this activity?

What was the easiest part?

How Do You Deal with Emotional Pain?

What to Know

Being resilient doesn't mean you won't experience difficulties or distress. If you have suffered adversity or trauma, you probably experienced emotional pain and stress. In fact, resiliency is often built through emotional distress.

Emotional pain is an inevitable part of life, and whether the pain is associated with trauma, loss, or disappointment, you can develop strategies to lessen and manage the struggle. By examining your emotions and taking action, you will learn to build your resiliency and cope with emotional pain.

What to Do

Use this chart to keep a record of the thoughts, feelings, sensations, and memories that cause you emotional pain. Write down what you did in response and whether your actions led to positive outcomes or outcomes that caused you to suffer more.

Date	Painful Thoughts/Feeling/Sensations/Memories	What You Did in Response	Outcome

Date	Painful Thoughts/Feeling/Sensations/Memories	What You Did in Response	Outcome

Was there anything that surprised you during this exercise?

What did you find challenging about this exercise?

What did you learn from this exercise?

How Do You View Yourself?

What to Know

Do you have a poor self-image and dwell on your faults rather than your strengths? You might measure yourself against an unrealistic ideal of the way you think you "should be."

Where does that unrealistic ideal come from? Your family might value perfection or achievement. Or, you might be criticized for the least little flaw. But nobody's perfect.

Does this sound familiar? Do you have a running narrative in your mind about how you are not living up to your own standards? Do you criticize yourself or feel you are not "good enough"? What would it be like to embrace yourself fully? Wouldn't your day be a little easier and more fun?

What to Do

Here are some ways you can improve your self-image. After each item, write down one or two *specific things* you will do related to that item, and when and how you would like to build that skill. For example, for "Exercise," you might say, "I'll take a 20-minute walk at least four times a week, starting next Monday." Or for "Step Out of Your Bubble," you might say, "I'll go to a movie with a friend next weekend."

1. Challenge your negative thoughts. Listen closely to what your inner critic says. Ask yourself, is that actually true? Challenge the beliefs that bring down your self-esteem. Instead of "I'm not good enough," try, "I'm an amazing human being with strengths and weaknesses." Write some things you can say to yourself.

2. Develop a kind inner voice. When you hear your inner critical voice rear its familiar head, imagine you're listening to someone you care about. What would you want to say to them to help them feel better about themselves? Use those words and that kind tone with yourself, too, and keep practicing making that shift.

5. Notice what's in your control and what isn't. If your poor self-image is related to things you can't control ("If only I were taller, I'd be happier"), then you are setting yourself up for continued misery. Focus your energy on identifying things in your life that you can do something about and begin to act on those. Write them here.

6. Do something you love to do! Are you passionate about cooking? Reading? Singing? Sports? Computers? Animals? What are you currently doing or not doing to invest time and energy into your passions? What would you like to do more of? Note any excuses or rationalizations that keep you from pursuing these activities.

7. Be grateful. Being grateful every day can help boost your mood and your self-esteem. List some things you are grateful for—it can be small, like eating chocolate, or big, like your family.

8. Give Back/Pay It Forward. It might be hard to think about anything but your flaws and limitations. You might have trouble seeing other people's needs. Consider volunteering for a cause that has meaning for you, such as an animal shelter. You might also consider what skills and talents you have that you could pass along to someone else—investigate being a mentor or volunteer who helps others discover their own strengths. What goes around comes around, as they say. The happiest people are the ones who are involved in serving others. Write down some ideas.

9. Find Positive People in Your Life. Maybe you feel down a lot and avoid hanging out with others whose lives might seem "better" than yours. Identify the people in your life whom you feel comfortable with, who boost your self-esteem, who see your wonderful qualities and accept your flaws and mistakes. Make an effort to spend more time with them and less time with people who bring you down. What can you do to meet that goal?

10. Exercise! Sure, you've probably heard this a million times but it's true. Exercise has been proven to be a natural anti-depressant and can help people feel better about themselves. Set small, realistic goals and build up to more if you wish. As they say, just do it! What can you do to get more active?

11. Step Out of Your Bubble. Are you stuck in a routine? Make a plan to do something different—whether it's visiting a place you've never been or reconnecting with an old friend or going to an event where you'll meet new people. It can feel challenging at first but moving out of your comfort zone can give you a boost of energy and a new perspective on the possibilities for your life. What can you do?

How was it to reflect on the above suggestions? Which ones do you feel excited about? Which ones do you feel some resistance to?

For those you resist, what encouraging words can you offer that part of yourself in order to boost your motivation?

Who in your life loves you unconditionally? Try to connect with that person regularly to remind yourself of your worth and your positive qualities. Remember to tell yourself the things they tell you.

Is It Time to Take a Social Media Break?

What to Know

Sometimes it's good to take time off from social media. If you find yourself spending a lot of time on your device scrolling, or if your moods change depending on the latest post or snap - it might be time to take a break. Here are some signs you need a break:

- 1. You can't stop comparing.** What you see isn't always real - remember, celebrities have a lot of help to look the way they do. And everyone else uses Facetune or Photoshop! If you forget that much of what you see online has been modified, it's time to log out. Remember, social media images might be pretty - but they're often fake.
- 2. You're depressed.** Social media might not have caused your depression, but it might be making your depression worse because it fools you into believing you're making real connections 24/7. Actually, you might be isolated and rarely connect with people in real life. Isolation plus flimsy connections makes you more depressed.
- 3. You scroll for hours without noticing the passage of time.** Ask yourself: am I spending more time on social media than I'm willing to admit to my closest friend?
- 4. You spend more time online than you spend with actual humans.** If you've been neglecting your friends and family, extend an invitation to hang out.
- 5. You think everyone has their stuff together - while you don't.** Remember, social media is a highlight reel - it's not real. So, while your friends might seem to have perfect lives, you're only seeing a modified slice of their lives.
- 6. You want to be someone else.** Hard work goes into becoming an online influencer. You might only see the end result - not the part where all the hard work happened.

7. You often feel jealous. If you're fixated on what other people have, or what they're doing, and you're reacting negatively because you're jealous, it might be time to take a step back. If you hate everyone because they have what you want, and you hate yourself because you don't have what they do, take some time to be grateful for what you DO have and take a break!

8. You're burnt out on life. You are:

- Exhausted
- Unmotivated
- Having trouble seeing the good in anything
- Having trouble focusing or concentrating
- Not interested in school
- Experiencing conflict at home
- Unhappy

9. You don't have hobbies or outside interests. If someone asks you about your interests, do you have an answer other than "scrolling on Instagram and tagging my friends? If you don't have any interests, it isn't too late to get some.

Do you relate to any of the above? If so, which ones? #_____

What to Do

What social media platforms do you use? _____

How does social media affect your mood, attitude, behavior? Do you notice any changes in yourself when you spend a lot of time on social media?

Mark off any of the following statements that apply to you.

_____ I feel left out or excluded sometimes when I'm looking at peoples' posts.

_____ I hide parts of myself when I post on social media.

_____ What I see on social media platforms makes me feel bad about myself sometimes.

_____ It's hard for me to go a few hours without checking my social media.

_____ I feel anxious when I post on social media.

_____ I've been bullied on social media.

_____ I feel like I'm missing out if I don't frequently check social media.

_____ I can't be myself online.

_____ I've gotten in trouble because of my social media use.

_____ I feel bad if no one comments on or likes my posts.

_____ I use social media as the main way to communicate with my friends.

Add up how many you checked off: _____ If you checked off two or more statements, you might seriously consider taking a break.

Are you willing to take a social media break? Why or why not?

For how long? _____

How will a social media break benefit you?

Plan to take a break, even if it's for one day! Write down how it went.

Journaling To Cope When You Feel Down

What to Know

If you could start a straightforward habit to help with your depression, reduce stress, increase clarity, and improve your overall health, would you do it? Research has shown that keeping a journal is one way to manage your mental health and increase your happiness.

Journaling is a great way to get your thoughts on paper, giving you a sense of control and calm. A few minutes of writing, drawing, or list-making each day can help!

Keeping a journal allows you to dump emotions, feelings, and struggles on paper or digitally. Think about how you feel after venting to a friend - you might feel a similar sense of lightness after using your journal. Writing out problems can give you some perspective and offer you a place to build the habit of positive self-talk.

There are many types of journals, and it's helpful to get one that works for you. A journal is your private space to write, vent, celebrate, or complain. Eventually, you might start to primarily focus on positive emotions and things that bring you happiness and increase your confidence. It should be a comfortable, safe, and supportive space for you. The journal you're most likely to use consistently is the right kind of journal for you. Here are some common types:

- **Bullet journal.** This is an excellent choice if you love lists and planners.
- **Art journal.** If you express yourself through drawing or doodling, look for a journal that gives you lots of space.
- **"Morning Pages" journal.** This journal offers space to free-write your thoughts when you wake up each morning.
- **Gratitude journal.** You can write about all the things you are grateful for using prompts.
- **Prayer journal.** If you are spiritual and/or religious, this journal might be the right one for you.
- **Interests/favorite things journal.** There are various journals for tracking food, music, movies, books, or any other interests.
- **Digital journal or blog.** You might be interested in blogging or recording your thoughts on your phone.

- **Traditional diary-style journal.** An inexpensive option for no-frills journaling.

Some teens like to keep multiple journals, while others prefer to record their thoughts in one place. Get a journal you like, with a great cover or interesting quotes. Keep it in your backpack or on your nightstand. Be sure to have colorful pens or markers nearby.

To gain the most from journaling, make it a habit and part of your daily routine. You might set the alarm on your phone each night to remind you to write in your journal before you fall asleep. Or, if you often have ideas first thing after you wake up, leave your journal next to your bed.

What to Do

This activity will help you develop the habit of journaling. The following are prompts to help you get started. You can answer the questions in your journal or write your answers on this worksheet or in a notebook if you don't yet have a journal. Write what feels natural to you, and try to be as honest and uncensored as possible. Remember, no one ever has to see what you have written. Write for five minutes or an hour - whatever feels right for you.

Have you ever tried journaling? What did you like/dislike about it?

Write down six statements that describe you.

1. I am

2. I am

3. I am

4. I am

5. I am

6. I am

Write about something that sets you apart from your friends. Be specific.

Write about a time when you tried something new. How did you feel after?

Write about a time you felt confident. Who were you with? What were you doing?

Write about someone you admire. Why do you respect this person? What can you learn from him/her?

What do you love about yourself?

Name four things that make you feel calm and happy.

1.

2.

3.

4.

For the next two weeks, see if you can journal every day. Write down the date, whether or not you journaled, the time of day you journaled, the total amount of time, and how you felt after journaling.

Date	Did you journal? Y / N	Time	Length of time you journaled	How did you feel after journaling?

Did you journal every day over the past two weeks? _____

Was there anything that surprised you during this exercise?

What was the hardest thing about this exercise?

Did daily journaling decrease your depression symptoms? Why or why not? Explain.

Loving Kindness Meditation

What to Know

The Loving Kindness Meditation is a simple exercise where you recite positive thoughts about yourself and others. Practicing this meditation can immediately improve your mood because it allows you to focus on the positive things in your life and your sense of purpose.

This meditation has five simple steps. You begin by expressing positive thoughts for yourself followed by positive thoughts for someone you care about. Then, you send out positive thoughts toward someone you feel neutral about, followed by positive thoughts toward someone you dislike. Finally, you direct your positive thoughts out to the universe.

This meditation takes just a few minutes, but it goes a long way in opening up your positive emotions and letting go of your negative judgments.

What to Do

1. Close your eyes. Sit comfortably with your feet flat on the floor and your spine straight. Relax your whole body. Keep your eyes closed throughout the whole visualization and bring your awareness inward. Without straining or concentrating, relax. Take a deep breath in, then breathe out.

2. Imagine yourself in a place where you feel complete satisfaction and have an all-encompassing sense of well-being. Perhaps you are sitting on a beach at sunset with the warm glow of the sun on your skin. Perhaps you are in your own living room, surrounded by people who love you. Think of a place that makes you very happy.

3. Say the following phrases out loud:

I wish for happiness, calm, and peace for myself.

Now visualize someone you care about and say: **I wish for happiness, calm, and peace for you.**

Now visualize someone you feel neutral about—someone you neither like nor dislike, and say:

I wish for happiness, calm, and peace for you.

Now think of someone you dislike, and say: **I wish you happiness, calm, and peace.**

Finally, direct your loving kindness to the universe, and say: **May all beings everywhere find happiness and peace.**

Now, practice this meditation daily for the next week. Record on the following chart.

Day	Did You Practice the Meditation? (Yes or No)	How Did You Feel Before Meditating?	How Did You Feel After?	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What did you find challenging about practicing this exercise? Describe.

Did this exercise change how you feel about yourself? Explain.

Did this exercise improve your ability to extend loving kindness to others, particularly people you dislike? Explain.

Maintaining Strong Social Connections

What to Know

During hard times, it can be a natural impulse to reach out to others for support. However, the quality of your social connections matter. The stronger your social connections—the people who know you well and will care for you during tough times—the more resilient you will be when facing an emotional or physical crisis.

Strong social connections also reduce loneliness and provide a sense of belonging. If you have superficial connections to lots of people, you might still feel lonely. On the other hand, if you have a few quality connections, you can be alone yet not experience loneliness.

What to Do

Identify the quality relationships in your life. When you think of your quality relationships, consider the important people in your life: family members, friends, coaches, teachers, classmates, fellow members of clubs or teams, etc. These are people who are committed to you and the relationship you share; they are not just acquaintances.

Write down the quality relationships in your life.

How do they support you during challenging times?

Identify other sources of social connection. Social connections include classmates and groups that are positive and supportive. Belonging to a social group can increase your sense of value and belonging as you share common experiences, interests, or talents.

To what social groups do you belong?

How do these groups or members help you cope during challenging times?

Identify sources of emotional support. A therapist, counselor, or support group can provide social and emotional connection during tough times. Social media support groups and virtual chats can also be a source of compassion, empathy, and nonjudgmental support, as members share experiences and stories of resilience.

Who are the emotional supports in your life?

How do they support you and provide resources during challenging times?

What can you do to build strong social connections?

Select one or two activities that you will try for the next two to three weeks to build strong social connections and increase your coping skills. Complete the following chart, tracking the level of social support and coping skills you experience before and after your activities.

Rate your levels on a scale of 1 to 10, with 1 = I feel totally unsupported, stressed out, and lonely, and 10 = I feel supported, experience a strong sense of belonging, and I'm able to cope. Add notes about your experiences.

Level of social support before (1-10)	Activity	Level of social support after (1-10)	Notes

After completing this exercise, did you feel a stronger sense of belonging and experience an easier time coping with challenges? Describe your experience.

What are some other ways you can improve your connections?

Managing Catastrophic Thinking

What to Know

Catastrophic thinking refers to overthinking about irrational, worst-case outcomes. It can increase anxiety, prevent you from taking action, or cause you to avoid situations entirely. When you fear the worst possible outcome, your choices, behaviors, emotions, and relationships can be negatively affected. You might constantly worry that something terrible will happen, and you might frequently experience "what if" thinking.

Fear can be a helpful reaction to situations where there are proven threats or dangers. It's important to know the difference between fear that's justified and based on evidence, and fear that's based on catastrophic thinking or unjustified worries.

When fears are justified:

- There is evidence of a threat or danger to your life or health, or to someone you care about.
- There is evidence of a threat or danger to your safety and wellbeing, or to someone you care about.

What to Do

Describe some examples of justified fears from your own life.

Describe some examples of catastrophic thinking and unproven fears.

Catastrophic thinking often causes people to avoid situations out of fear. Unfortunately, avoidance tends to reinforce this type of thinking; the more you avoid the fearful situations, the more power you give them. The best way to

conquer your feelings of anxiety and worry is to examine the situations and determine the likelihood of that scenario happening.

Describe a recent situation that you avoided because you were afraid something terrible would happen.

What were you afraid would happen?

Has that feared situation ever actually happened to you before? Describe.

Describe a time your fears stopped you from taking action with school or something else.

Describe a time that your fears negatively impacted your choices, emotions, or relationships. What happened?

Challenging and changing your beliefs and values is often the key to managing persistent unhealthy or self-sabotaging thoughts.

In order to overcome catastrophic thinking, it is important to dispute the thoughts.

You can:

1. Identify it for what it is — an irrational, worst-case scenario.
2. Identify best-case possibilities — the best possible outcomes you wish to see.
3. Look at these best-case possibilities and identify whether or not they are the most likely outcomes.
4. Weigh the evidence and facts available to you, so that you can develop a realistic contingency plan for coping with the situation.

Using the chart below, identify your feared situations and rank your level of fear from 1 to 10, where 1 = no distress or discomfort, to 10 = extreme upset or anxiety. Next, list the evidence that the situation will happen and evidence that it won't happen. Then, describe a best-case possibility. Finally, estimate the odds of that situation actually happening.

Feared Situation	Level of Fear (1-10)	Evidence It Will Happen	Evidence It Won't Happen	Best-Case Possibility	Estimated Odds of Fear Happening (%)

Did you notice any changes in your level of fear as a result of this exercise?
Explain.

Did this exercise change the way you see your feared situations? Why or why not?

What other steps can you take to cope with feared situations in the future?

Managing Your Upsetting Thoughts with the RAIN Technique

What to Know

Your mind might create a lot of drama. Sometimes your thoughts are so powerful you believe them! Then, you might feel bad about yourself.

If you surround your negative thoughts with compassion, it will be easier to move on. The R.A.I.N. technique will help you become your own best friend. With R.A.I.N., you learn to notice your thoughts with kindness and accept them as they are.

To stop being so hard on yourself, practice R.A.I.N. The process is simple:

R = Recognize the thought you are experiencing and name it.

A = Allow it to be there, just as it is. It might be uncomfortable or unpleasant, but it will pass.

I = Investigate the thought with kindness. How does it feel in your body? Where are you feeling it most? Is it making you feel bad?

N = Non-identification means the thought is not who you are because it goes away with time. You may be feeling bad, but you are not bad.

When you have upsetting thoughts, you might need to go through the whole R.A.I.N. process to work through them. Maybe you will only need to do one or two steps. The more you practice, the more skilled you will be at understanding what you need to do to manage your thoughts.

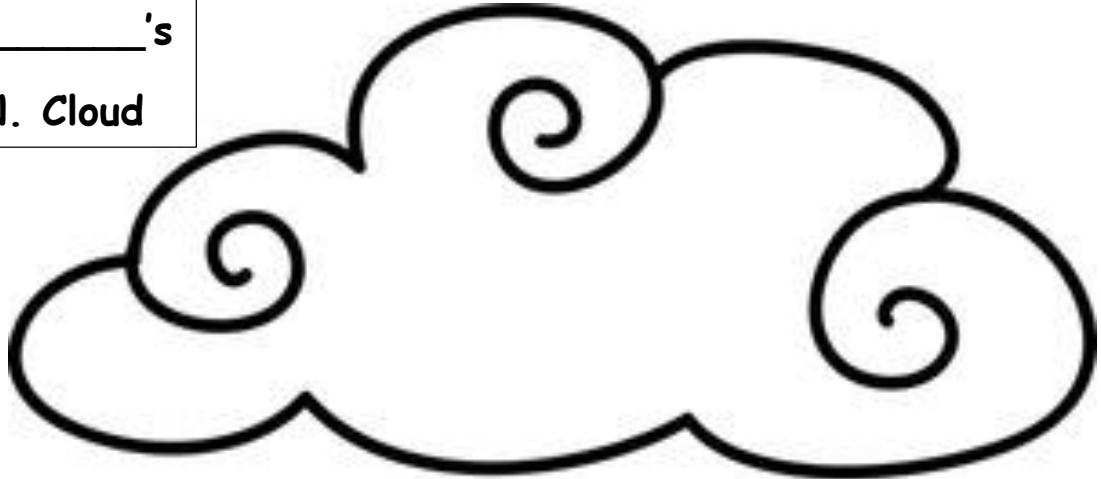
You might do some additional steps like:






- taking a few deep breaths.
- repeatedly labeling the thought in your mind to reduce the intensity.
- taking a time out.
- slowly walking and paying attention to the sensations on the soles of your feet.
- connecting with your 5 senses (see, hear, smell, touch, taste), allowing yourself to calm down.

What to Do

Next time you have an upsetting thought, practice the R.A.I.N. technique. Inside the cloud, describe the thought. Next to each raindrop, write down what you did to calm down or reduce your upsetting feelings.

_____ 's
R.A.I.N. Cloud



_____			_____
_____			
_____			_____

Write down how you felt after using the R.A.I.N. technique.

Did the R.A.I.N. technique help you feel better? Why or why not?

What part of the technique helped the most? Why?

Do you think you will remember to use this technique the next time you're upset?
Why or why not?

What are some other ways you can manage upsetting thoughts?

Mindful Coloring

What to Know

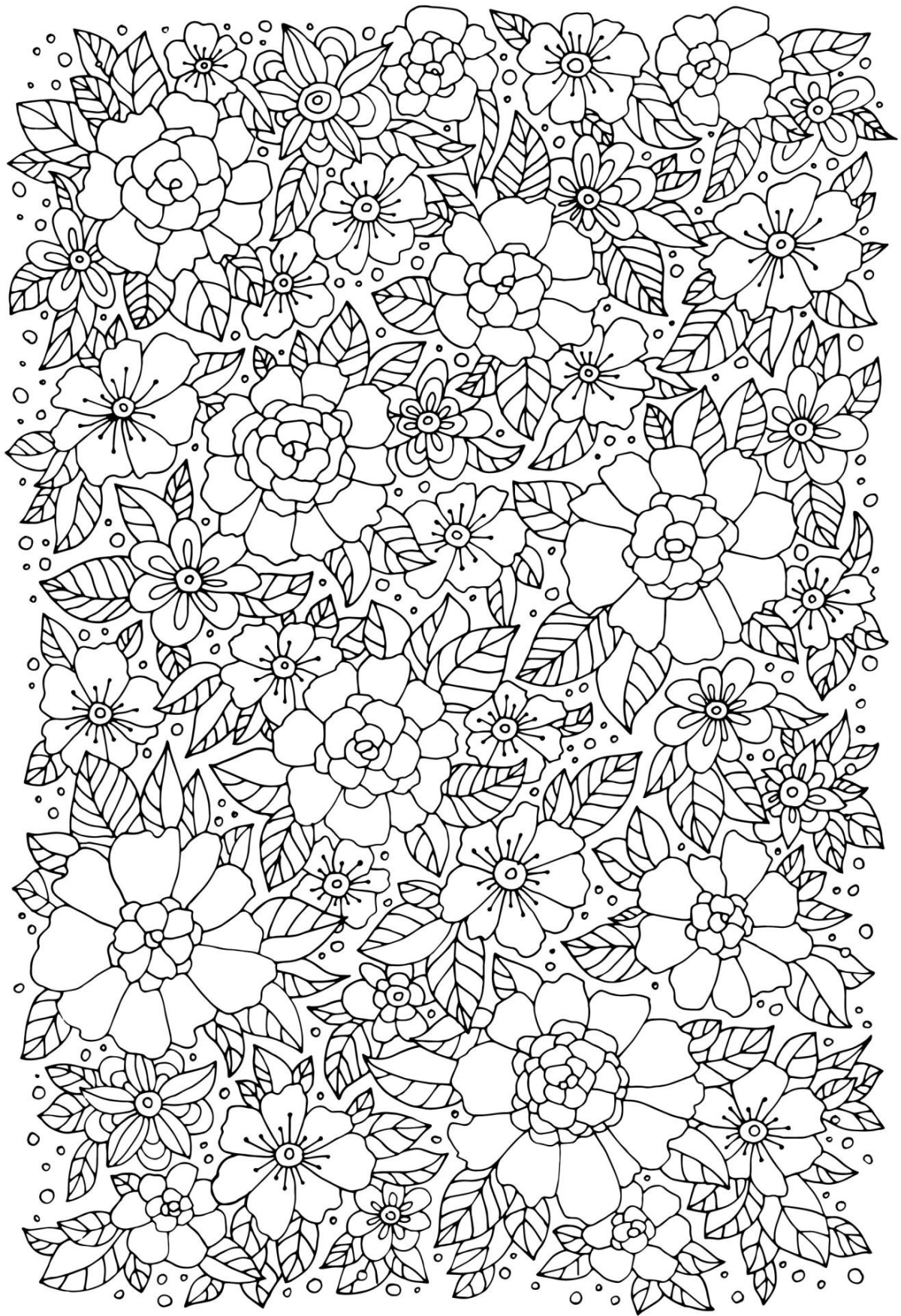
Simple activities can help you step back from the day-to-day stress and overwhelm. Mindful coloring can be a powerful type of meditation which has a surprising number of short and long-term benefits. Mindfulness involves bringing your attention to what is happening in the present moment, being aware of both your internal experiences as well as what you experience in the world around you. As you observe your experiences, try not to judge them as good or bad, and you will try not to react to them. Just be aware and present in the moment.

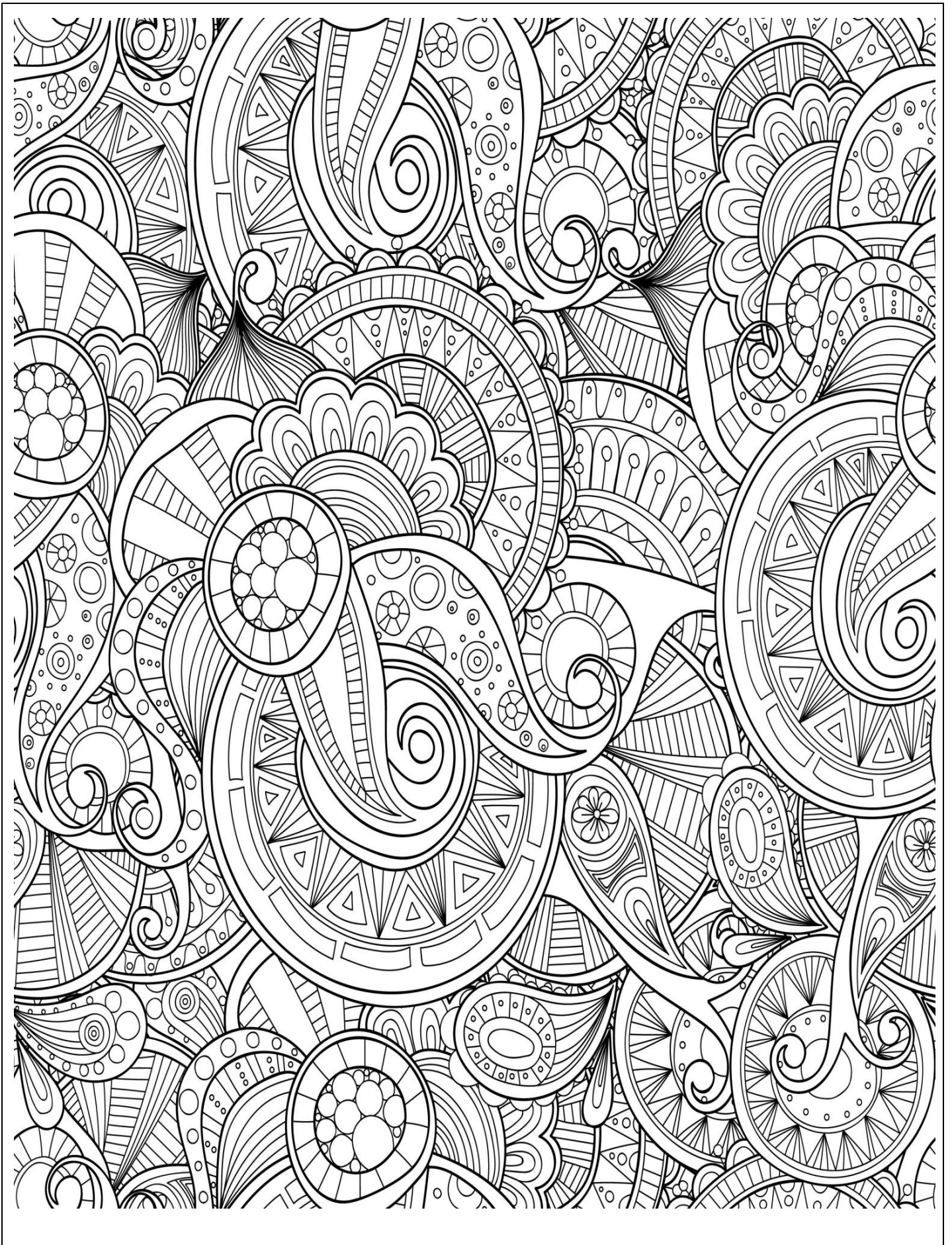
What to Do

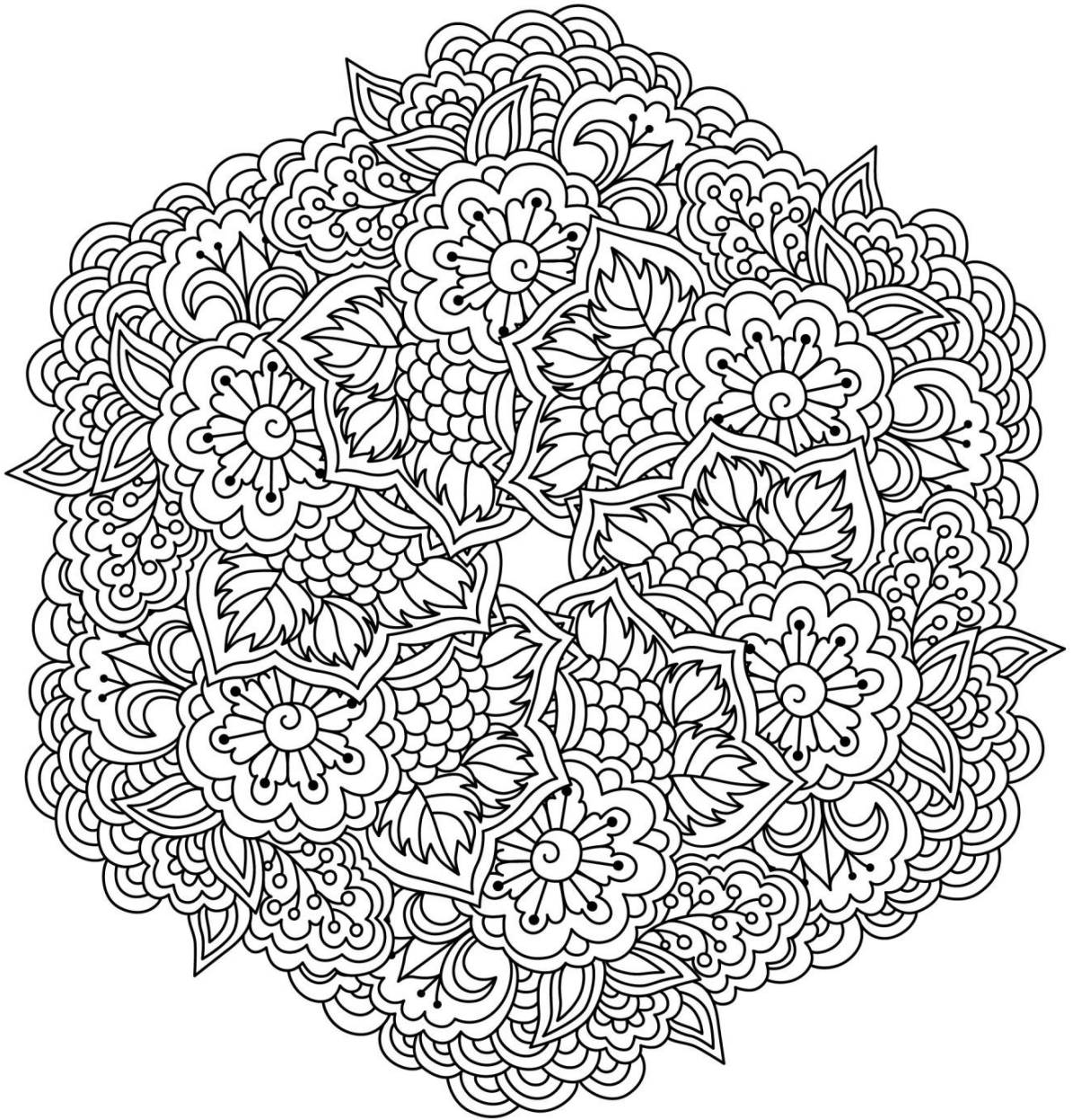
1. Set aside 5 to 15 minutes to practice mindful coloring.
2. Find a time and place where you won't be interrupted.
3. Gather your materials to do your coloring and sit comfortably at a table. You may want to set a timer. Try to continue your mindful practice until the alarm goes off.
4. As you color, start paying attention to your breathing. You will probably find your breathing becomes slower and deeper. Pay attention to the design, to your choice of colors, and to the process of coloring.

While you are coloring, be aware of your inner and outer experiences without reacting to them. For example, if you start to think about something that upset you during the day, just be "mindful" of the feeling without reacting to it. Let your feelings come and go without really thinking about them. If you hear music or a noise, or feel a breeze, or smell something cooking, just observe these experiences without reacting to them.

Mindful coloring is just one way to practice mindfulness. Once you have learned the essence of mindful meditation you can bring this "skill" into all areas of your life. You can practice mindful eating, mindful walking, or any other activity where you want to develop a greater sense of being alive by being present in the moment.







Did this activity help you become more present? Why or why not?

Did you enjoy coloring?

Nurturing Hope with a Hope Box

Your sense of stability, structure, and sense of control might have been impacted by the recent pandemic. The prolonged uncertainty, combined with the social distancing and isolation, probably took a significant psychic toll.

However, there is hope! This worksheet can help you nurture it. Hope is always important in our lives, but now it is more critical than ever. Hope can help you fight off depression. Hope can motivate you to achieve your goals. Hope can help you be more resilient.

What to Do

Take a shoe box or any similar-sized box and write the words Hope Box somewhere on the top. Every day find something to put in your Hope Box. Put in objects that are associated with positive feelings and memories. Put in words that inspire you and make you think of a brighter future. Here are some suggestions of things to put in your Hope Box. Check off the ones that you think might be most useful.

_____ A special letter, card, or printed email from someone you care about.

_____ Special pictures that bring up happy memories (family, friends, vacations, etc.).

_____ Success documents (report card, diploma, certificates, awards, etc.).

_____ Special quotes that are important to you.

_____ Art you have created or that someone has made for you.

_____ Objects from your life that are associated with good memories.

_____ Letters or printed emails that mean a lot to you.

_____ Photos of special times you have had - or of special times you hope to have, such as photos of an activity you enjoy doing.

_____ Souvenirs from past trips or vacations.

_____ Meaningful clippings from magazines or newspapers.

Write down other things you might put in your Hope Box:

This technique will only be helpful if you do it every day and spend some time thinking about hope. The essence of hope is that you *believe* you will be able to have a better future. The strength of that belief is largely based on your ability to create that future by solving the problems that are currently weighing you down.

While some teens seem to be better problem solvers than others, the truth is that everyone solves big and small problems every day. Answer the following questions to think about how you can solve the problems that are affecting you.

Describe the one problem that when solved will make the biggest difference in your life.

Problems are best solved one small step at a time. Write down six or more steps you can take to find a solution for this problem.

It is important to make a plan, or a roadmap, to solve your problem. However, every plan has some obstacles. List some obstacles you might encounter as you solve your problem.

Sometimes you might have a mental block in seeing the best steps to take in solving a problem. In this case, other viewpoints can help. Name three people who can give you other viewpoints in solving this problem.

How do you know when you have solved your problem? What will be different in your life?

A Virtual Hope Box (VHB) is available from the Apple App store, developed by the National Center for Telehealth and Technology. People can use the VHB to store a variety of rich multimedia content they find personally supportive in times of need. For example, you can include photos, videos, recorded messages from loved ones, inspirational quotes, soothing music, and more. The VHB provides people with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing, and muscle relaxation.

Overcoming Setbacks

What to Know

Overcoming your problems usually takes a lot of work and you may experience setbacks. Setbacks most commonly occur when you stop practicing the psychological skills you learned to overcome your problems. They can also occur when you are under a lot of stress. Other times, setbacks happen because they are triggered by certain events, or a change in your lifestyle (sleeping, eating, exercise). Setbacks can also happen because you've made some unhealthy choices like drinking alcohol or taking drugs.

Don't be upset if you have a setback. Setbacks are common because stress and change in your life are constant.

Try not to let setbacks give you the feeling you are back to where you started. Setbacks are temporary and just a sign that you need to pay attention to the kind of life you want to live every day.

The easiest way to avoid setbacks is to prepare for them. Filling out this worksheet will help you think about the kinds of things that can cause a setback and recognize the early signs that your problems may be recurring.

What to Do

Write down the most likely situations that could cause a setback.

What are some specific triggers, including people, places, thoughts, and behaviors, that might cause a setback?

What are some early signs that might mean you are having a setback?

Write down two or three people you can ask to tell you if they see early signs of a setback.

Have you started doing anything to avoid situations that caused your problems?

Have you started doing anything to mask or avoid your problems (like drinking alcohol, taking drugs, or other unhealthy behavior)?

Are you having negative thoughts about yourself that you know are not really true? What are they?

What are the most effective skills you used before to deal with your problems?

What is the most important thing you can do if you see an early sign that your problems are coming back?

Makes a list of at least 5 things you can do avoid having a setback.

Reducing All-or-Nothing Thinking

What to Know

If you make assumptions without considering the evidence, you might be engaging in all-or-nothing thinking - one of the most common cognitive distortions that prevents you from seeing things in "shades of gray." The more you rely on all-or-nothing thinking to make decisions or to interpret events, the worse you tend to feel because you rarely experience "middle ground" mood states.

To feel better and understand the world around you, it's important to recognize when you think in extremes. Otherwise, you might frequently negatively evaluate yourself or others - you are either a success or a failure, your performance was awesome or terrible, if something isn't perfect it's a failure, and so on.

This way of thinking also disrupts behavior change and forming new habits, such as committing to a daily exercise routine or eating a healthy diet. If you think in all-or-nothing terms, it's likely one missed day will derail your efforts. All-or-nothing thinking will lead you to believe you have failed, and that you might as well give up.

So, what can you do? You can begin thinking in "shades of gray." When you consider the middle ground and think in "shades of gray," you will avoid thinking in extreme terms -decreasing judgment and harsh criticism of yourself and others.

The following are phrases you might think or say when you use all-or-nothing thinking. Check off any of the following phrases you use:

_____ "This is the best..."

_____ "I hate..."

_____ "This is the worst..."

_____ "This is totally..."

_____ "I / you always..."

_____ "I / you never..."

_____ "Everything is..."

_____ "Everyone / no one..."

A helpful tool if you engage in all-or-nothing thinking is using a cognitive continuum. When you catch yourself having extreme beliefs, try using the continuum. This worksheet will help you first identify the two opposite ends of the spectrum so you can find some points in between - the "shades of gray."

Thought: _____

|-----|-----|-----|-----|-----|-----|

Alternative: _____

Thought: _____

|-----|-----|-----|-----|-----|-----|

Alternative: _____

What were the most common "all-or-nothing" phrases you found yourself using? Explain.

How did this exercise help you see the middle ground or "shades of gray?" Explain.

After you completed this exercise, was it easier to catch yourself in all-or-nothing thinking? Why or why not?

Seeing and Embracing Your Goodness

What to Know

If you have low self-esteem, it can impact everything in your life, from socializing with your friends to dealing with academic challenges. It can even decrease your desire to learn, leading you to quit easily or not do your best. You might criticize yourself, or say negative things about your choices, your appearance, or your performance. But positive, healthy self-esteem can have the opposite effect. Reminding yourself of all the good things about YOU is a powerful tool in boosting your confidence and building your self-esteem.

Self-esteem activities can boost your confidence and self-esteem over time. Through these activities, your brain is rewired and you will build your self-esteem, much like you would a muscle!

What to Do

Think about the following question, then spend some time doing the following exercise.

What makes you unique? What are your interests, gifts, and talents?

Close your eyes or lower your gaze and take a few deep breaths. Place your hand on your heart and notice your breathing. Using the list you just made, say out loud positive phrases or kind messages that describe your goodness and uniqueness - for example: "I am kind," or "I am a good listener," or "I am great at basketball."

Notice how you feel in your heart as you say these loving messages aloud. This might be hard to do, and that's totally normal.

Take a few deep breaths and slowly open your eyes when you're ready.

What was that exercise like for you? Explain.

How do you feel? What did you notice?

Sometimes it's easier to think of the things you're *not* good at, so it's important to have daily reminders of all of the positive qualities you see in yourself.

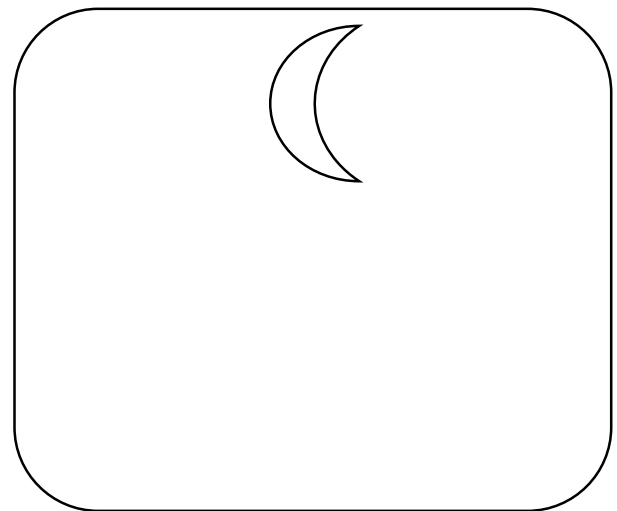
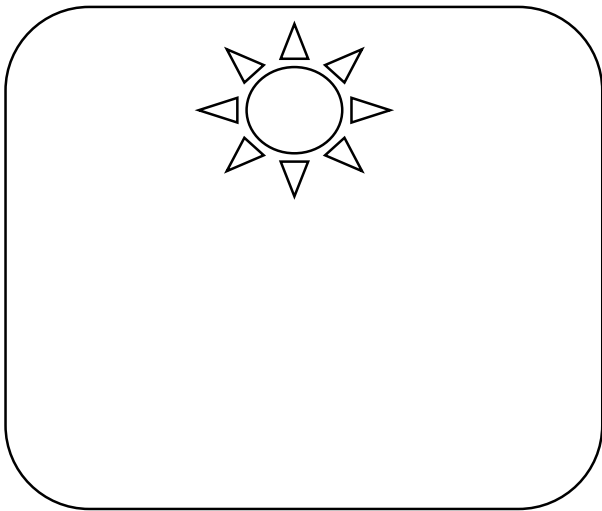
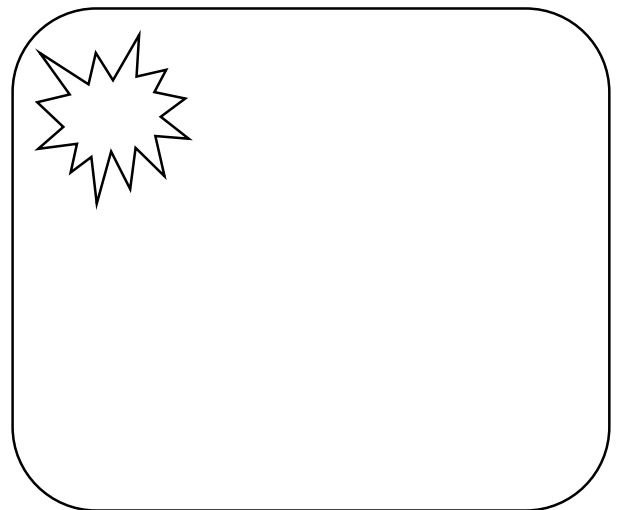
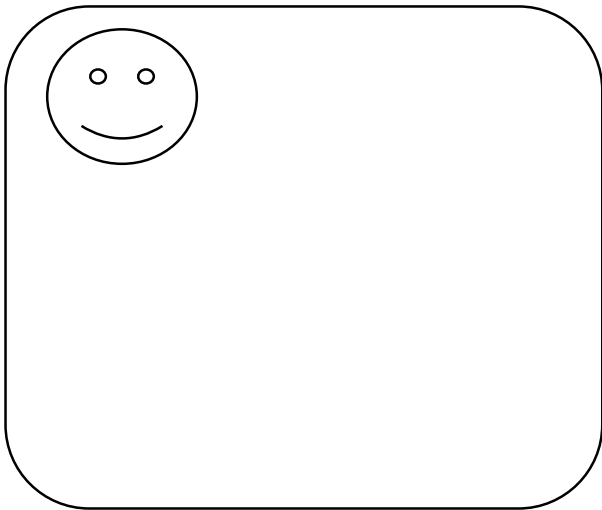
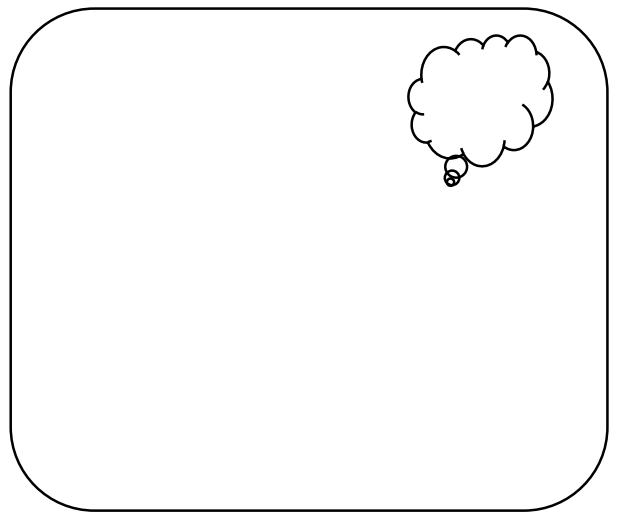
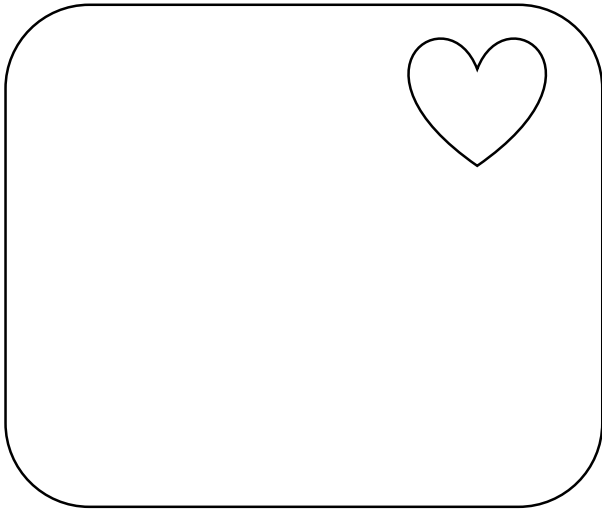
Now you will create kindness notes to leave around your home. This activity can increase your self-awareness, confidence, self-esteem, and mindfulness.

Using the notes on the following page, write kindness notes about yourself to place around your home. You can make a copy of the page to make more notes, or use construction paper to create your own.

Use the list on the previous page to write your notes, as these notes will remind you of your positive traits, unique skills and abilities, and goodness.

After writing your notes, color and decorate each one with colored pencils, markers, stickers, glitter, etc. Cut out your notes and tape them around your house in places where you and others will find them.

When you read each one, repeat them in your mind and feel what it's like to think positive thoughts about yourself. You can tell others in your home to read the kindness notes as a reminder to see the goodness within themselves, too! Family members might even want to create their own kindness notes.



Taking a “Noticing” Walk

What to Know

Mindfulness is being aware not just of what’s going on inside you (thoughts and feelings) but also what’s going on outside of your body and mind.

You might walk around looking down at your phone, whether you’re at the beach or the mall. You might be connected to your phone all the time! Looking at your phone constantly changes your brain to be more active, seeking the next exciting stimulus, scrolling from thing to thing to thing, never really stopping to notice.

Mindful walking in a beautiful environment is great for waking up the senses and noticing what’s around you. You can even take a mindful walk in a noisy city environment. The idea is to give yourself the experience of shifting your perspective outward while remaining connected to your body, your thoughts, and your feelings.

What to Do

Go for a walk outside by yourself for at least fifteen minutes. In cold weather, you might choose the mall or a museum. Turn off your phone.

Notice any sounds, really tuning in to everything you can hear—sounds up close, sounds at a medium distance, sounds far away. Take it all in. Notice what you feel in your body when you do this, without judgment and with acceptance.

You might choose to notice the smells in your environment. How many different smells can you notice? What smells pleasant (for example, a flower)? What smells unpleasant (for example, car exhaust or a skunk)? Notice what you feel in your body when you do this.

Notice what you see. Notice colors, shapes, sizes, and contrasts. Look up to the sky. Look down to the ground. Take it all in. Notice what you feel in your body when you do this.

If you experience some anxiety at being outdoors and opening up your senses, reassure yourself that nothing bad is happening. You could do a simple exercise that will help focus your mind and calm your body, such as identifying everything in your environment that is a certain color. Tell yourself everything will be OK. Congratulate yourself for trying.

When you get home, record the sounds, smells, and sights in as much detail as you can remember, and what it was like for you. Be creative.

For the next two weeks, practice taking noticing walks. Write down the date and where you walked, not how long you walked, and write down what you noticed and how you felt.

When and where you practiced	For how long?	What did you notice?	How did it feel?

Did you enjoy taking noticing walks? Why or why not?

The Grounding Technique

What to Know

Grounding Techniques are a set of tools used to help people stay in the present moment during episodes of intense anxiety or other overwhelming emotions.

Staying in the present moment allows people to feel safe and in control by focusing on the physical world and how they experience it.

Grounding is easy to do. Just focus on some aspect of the physical world, rather than on your internal thoughts and feelings (*see suggestions below*). Focus on the present rather than the past. Practice your grounding techniques so they will come naturally when you are upset. Let go of any negative feelings.

Try a variety of techniques and rate the effectiveness of each technique in keeping you calm. Have others help you in using these techniques by reminding you to practice them and use them as soon as you are feeling emotionally distressed.

Here are some Grounding Technique suggestions, and you can make up your own.

- Run cool water over your hands.
- Grab tightly onto your chair as hard as you can.
- Touch various objects around you: a pen, keys, your clothing, or the wall.
- Dig your heels into the floor, literally "grounding" them! Notice the tension centered in your heels as you do this. Remind yourself you are connected to the ground.
- Carry a grounding object in your pocket that you can touch.
- Notice your body. Wiggle your toes in your socks or notice the feel of your chair against your back.
- Stretch. Roll your head around.
- Clench and release your fists.
- Walk slowly and notice each footstep, saying "left" or "right" to yourself.
- Focus on your breathing. Notice each inhale and exhale.
- Eat something and describe the flavor, texture, and odor to yourself.

Other ideas:

What to Do

Write down five or more techniques you want to practice. Practice them several times a day for five minutes or until you feel calm and in control.

Circle the number that best describes the effectiveness of each technique.

1 = no effect, 2 = little effect, 3 = effective but took time, 4 = effective in keeping me calm and focused, 5 = immediate calming effect.

Technique	Date Started	Rating	Comments
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	

Technique	Date Started	Rating	Comments
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	
		1 2 3 4 5	

Did using grounding techniques help you calm down and feel less overwhelmed and upset? Why or why not?

What is your favorite grounding technique?

Tolerating Uncertainty

What to Know

Uncertainty is an unavoidable part of life. No one can predict the future, so you must learn to accept there is some degree of uncertainty in everyday life - and in certain situations there is a lot of uncertainty.

If you're anxious or tend to worry, it might be hard for you to accept uncertainty. The uncertainty of certain situations can act as a magnifier for your worries, feelings of anxiety, and even physical problems associated with stress.

You might try to avoid situations that will increase your awareness of the uncertainty in life. But avoiding situations that trigger your uncertainty will only diminish your life and narrow your choices.

With practice, you can learn to accept aspects of life that are uncertain that cause you to worry. This worksheet is designed to teach you a simple process that can help you deal with uncertainty. The acronym, A-P-P-L-E-S, will help you remember the mindfulness skills you need when you are uncomfortable with uncertainty.

Acknowledge - Notice and observe uncertainty as it enters into your awareness.

Pause - Respond to your experience. Let go of the impulse to react. Put your mind on "pause" and breathe calmly.

Pull Back - Remind yourself that in this moment, it is fear, anxiety, or worry doing the talking. Thoughts and emotions are not "facts." Notice the need for certainty is not effective!

Let Go - Give yourself permission to release yourself from the need for certainty. No matter how intensely or loudly your thoughts and feelings may insist you need certainty, remember the intensity is temporary and will pass.

Explore - Take a moment to explore your internal experience. Pay attention to your breathing and your senses. Observe the sensations around you, the sights, the sounds, the smells, the taste, and what you are touching. The emotional intensity associated with your distress will likely lessen as you do this. Now, redirect your attention toward something different than what you are worrying about.

Stand Alone - Don't rely on other people to help you through uncertain situations.

The only way to learn to tolerate more uncertainty in your life is to put yourself into situations that would normally bother you and then see that being uncertain is not so bad.

What to Do

On the chart below, describe situations that commonly trigger your uncertainty. Rate how uncomfortable you feel, where 1= just a little uncomfortable to 10 = extremely uncomfortable. Then choose at least one situation to practice the APPLES technique. See how many minutes you can spend each week tolerating uncertain situations. Each week see if you can spend *more* time tolerating uncertain situations.

Situation	Date	Rate your discomfort	Minutes

Situation	Date	Rate your discomfort	Minutes

Did the APPLES technique help you tolerate uncertainty and reduce your distress?
Why or why not?

Treat Yourself Like a Good Friend

What to Know

What is the first thing you do when someone you care for tells you they feel bad about themselves? For example, suppose they failed a test or they weren't invited to a party. You would probably feel compassion for that person. The first thing you would probably do is comfort them. The second thing would be to assure them they're a good person.

Can you honestly say you treat yourself with the same consideration and compassion you give to the people you care about? Probably not. To change this, you can learn and practice self-compassion. Self-compassion means that you stop avoiding or escaping your emotional pain and instead acknowledge how difficult your situation is while thinking about how you can care for and comfort yourself. You can commit to show yourself the same empathy, love, and care that you feel and show toward others. You can practice loving yourself, caring for yourself, and forgiving yourself.

What to Do

First, compare and contrast how you hear yourself speaking and responding to the pain of others with how you usually respond to yourself.

Visualize yourself helping a friend who needs your support.

What feelings does seeing your friend trigger in you? (For example, immediate concern? Feelings of warmth? Disgust?)

What do you say? (Something comforting? Friendly? Angry?)

What tone do you use? (Harsh? Soft? Gentle?)

How do you talk about their past? (Draw on their strengths? Point out past mistakes?)

What would you predict might happen in the future? (Learn from mistakes? Make the same mistakes again?)

Now visualize yourself going through a difficult time. What feelings does thinking of yourself going through your difficult time trigger in you?

What do you say to yourself?

What tone do you imagine yourself using?

How might you think about your past?

What would you predict might happen in your future?

What would it look like if you spoke to yourself the way you spoke to someone else who was in a crisis?

What has this activity taught you about the relationship between self-compassion, weakness, and strength?

How might your life change or remain the same if you acted with self-compassion toward yourself on a regular basis?

Understanding Your Stress

What to Know

The stress you experience in your life plays a major role in your physical health and mental health. A little stress can be a good thing, even though it might not feel like this is true.

Any kind of danger will trigger your "flight or fight" system. For example, if you encounter a large dog that is growling at you, an alarm system will go off in your brain, telling your body to produce a surge of hormones including adrenaline and cortisol. Your heart rate will increase and your blood pressure will go up. Sugar (glucose) will enter your bloodstream and you will have a surge of energy. Your stress response system is trying to protect you from the perceived danger that this dog could hurt you, and your body is put on high alert to do whatever is necessary to stay safe.

A similar stress response system is triggered when you are anxious or upset. Although there is no real danger involved, your stress hormones still put you on "alert," giving you extra energy and focus.

However, chronic stress or acute episodes of stress can cause serious problems because your body doesn't go back to a normal state. Constant high stress levels keep your stress hormones elevated, which can cause you to have both physical and psychological symptoms.

Fortunately, once you identify the chronic stress in your life, you can take steps to reduce your stress by adopting healthy practices like meditation, exercise, and a healthy diet.

What to Do

Use this worksheet to help you identify the stress in your life and calculate your stress level. In column one, put a check mark by events or situations that have affected you over the last 3 months. Even good things, like having a birthday or going on a vacation, can contribute to your overall stress.

Then, circle the numbers in the second column which indicate the level of stress commonly associated with each event or situation that you have checked. In the third column, write down the effects that stress is having on your life, such as loss of sleep, increased appetite, or mood changes.

At the bottom of the chart, add other things in your life that are causing you stress. You can put in your own rating for each additional stressor, with 1 = low stress, 2 = moderate stress, and 3 = high stress. Finally, add up all the numbers you have circled to determine your overall Life Stress Level.

There is no absolute level that is considered low or high. Teens handle stress in different ways, and a number that might be problematic for one person might not be a concern for another.

Check if Appropriate	Situation or Event	Stress Rating	Effects of Stress
	Death of family member or close friend	3	
	Change in school	2	
	Serious health problem or injury	3	
	Your birthday	1	
	Problems with family	2	
	Major vacation	1	
	Beginning or ending school	1	
	Change in residence	3	
	Major holiday	1	
	Isolation and loneliness	3	
	Natural disasters that affect your family or community	3	
	Other events that affect your community (i.e., crimes, shootings, economic problems)	2	
	Extreme weather conditions	2	
	Car accident	2	
	Pregnancy	2	
	School-related problems	2	
	Sleeping difficulties	2	
	Other:		
	Other:		
	Other:		
	Other:		

Life Stress Level Total _____

Untying Negativity Knots

What to Know

If you are feeling depressed, you might get tangled up in negative thinking. Those thoughts can lead to more negative thoughts, causing you to feel like you're totally tied up in knots of sadness, hopelessness, or worry. If you can untie those knots by picking apart the negative thoughts one by one, you'll learn to shut down negative thinking, replacing what's keeping you tied up in knots with helpful, realistic, positive thoughts.

The first thing you'll want to do is catch your thoughts before they tie you into knots! If your mind is swirling with thoughts that bring you down, don't get overwhelmed - just work on one thought at a time. Once you identify the thoughts that tie you into knots, you can identify where the thoughts came from and come up with ways to untangle yourself.

This worksheet will help you untie your knots so you can take charge of negative thoughts and replace them with alternative, realistic, positive thoughts. You can untie your knots!

What to Do

First look at the example, and then you will identify your own knots.

Knot: *I can't keep up with my homework; I'm going to fail!*



What keeps me in knots?

- 1. Good grades seem to come easy for my friends.*
- 2. My parents put a lot of pressure on me to get good grades.*
- 3. I get email notifications constantly reminding me I have missing assignments.*

Thoughts to untie this knot:

- 1. I'm working really hard to catch up, and my teachers are all offering to help me.*
- 2. My parents care about me no matter what grades I get, and I know they just want me to be successful.*

3. *I'm not going to fail; I am in touch with my guidance counselor, and she is going to help me find a tutor.*

Now, on each line above the knot, write down a thought that's keeping you tied up in knots. Think about the thoughts that are keeping you in knots. Then come up with positive, realistic, helpful thoughts to untie the negative knot.

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Knot: _____



What keeps me in knots?

1. _____
2. _____
3. _____
4. _____

Thoughts to untie this knot:

1. _____
2. _____
3. _____
4. _____

Did this worksheet help you untie your knots, replacing them with alternative, realistic, positive thoughts? Why or why not?

What was the one thing that helped you the most as you untied your negativity knots?

What was the most challenging part of this activity?

What was the easiest part?

Use SMART Goals to Make Smart Choices

What to Know

Goals define your life and shape your relationships, your education, what you want to achieve, and how you approach life. Setting goals can give you a picture of how you would like your life to be. Yet, in order for you to succeed at achieving your goals, they should be reasonable, relevant, and reachable. Otherwise, you may find yourself feeling even more helpless and hopeless, making it harder for you to gather the courage to try again.

The SMART approach is designed to turn lofty ideas into measurable, attainable, and clear goals so you have a much better chance of achieving them.

What to Do

This worksheet will help you develop SMART goals to address, manage, and resolve your problems. SMART stands for **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound. You can set your own SMART goals by using the following prompts:

Specific: Goals should be specific so you know exactly what you are working toward.

Measurable: Goals must be set so you can see, hear, or feel that you have been successful. Plan how you want to measure the goals you have decided to work on. Do you want to use a clock, a calendar, or a behavior log or chart? Do you want to measure your goal by hours, weeks, or days?

Attainable: Is your goal realistic? Is it possible? It's important to narrow down your goal to something you can realistically achieve. Think about obstacles that might block your progress and strategize ways to deal with whatever obstacles you identified.

Relevant: Make sure the goal is appropriate for your life and will be useful to you. Review your goals to make sure they match the problems you are trying to address.

Time-bound: Set aside enough time to work toward your goals. Plan ahead so you can consider when you'll have enough time to take all the steps you'll need.

Practice setting SMART goals by completing the following chart. Write down the overall goal you would like to achieve. Break your overall goal down into manageable pieces that are simple and small.

Start by writing your overall goal here:

Specific List the smaller steps to achieve your overall goal.	Measurable How do you plan to measure it?	Attainable Is this goal achievable?	Relevant Is it useful to you?	Time-bound When do you plan to complete each step?

Tips

- If you find you have trouble reaching your goal, revise it rather than giving up.
 - Break it down even further.
 - Make sure it's concrete and simple.
- Even if you accomplish only part of your goal, reward yourself.
 - Do a fun activity.
- Give yourself enough time to reach your goals.
 - Don't rush through your plans.
 - Take time to plan your strategies.
 - Don't give up if things don't immediately go your way.
- Be kind to yourself.
 - Don't criticize yourself if you have to revise or change your goals.
 - Laugh at yourself a little and try again.
 - Recognize and celebrate the evidence of your resilience and dedication toward making an effort to change your life.
 - Seek support from a family member or friend.

What happened in the past when you tried to meet a goal you set for yourself?

How would you define success in terms of meeting your goal?

When you think back on trying to meet your goals, what strategies worked well for you? What didn't work so well?

How do you think setting SMART goals will increase your chances of success?

What Went Right?

What to Know

Many studies show that people are more affected by negative events than positive ones. People going through a difficult time in their lives are even more likely to filter the day's events so that they focus on what went wrong rather than on what went right. This can be a serious problem because a negative attitude toward oneself and the world can contribute to mental and physical health problems.

For example, research shows that people with a positive attitude cope better with stress which strengthens their immune system, lowers their blood pressure, and even helps them cope better with serious diseases! Not surprisingly, people with a positive attitude report that they are happier and their lives are more fulfilling.

This worksheet can help you develop a more positive attitude by making you focus on the things that went right rather than the things that went wrong.

What to Do

At the end of each day, list three things that went right during the day. Then write down what you did to make this happen. Even if you didn't cause something to go right, think of what you did to make something a positive experience. For example, you didn't cause a day to be warm and sunny, but maybe you took the time to be outside and to enjoy it!

Date	What went right?	What did you do to make this a positive experience?

Writing Your Depression Story

What to Know

Depression involves sadness, discouragement, despair, or hopelessness that lasts for weeks, months, or longer, and it affects more than your mood. It can change how you think and your ability to notice or enjoy good or positive things. Depression drains the energy, motivation, and concentration you need for daily activities - like completing homework, exercising, having fun with your friends, or sometimes even getting out of bed.

Depression can get better, but if it's not treated, things can stay bad or get worse. So, it's important for you to tell your parents or another adult how you're feeling so you can get help. Don't wait and hope it will go away on its own.

You might not know how to talk about how you're feeling. This worksheet will help you write your "depression story" and a script you can use to share how you're feeling with your parents, caregivers, other family members, friends, or your school counselor.

Writing your depression story, even if you decide not to share it, can be a powerful way to make sense of when you started feeling depressed, where you are now, and what you'd like your future to look like. Writing your story can help you sort out how you can talk about how you're feeling with others.

What to Do

On the lines below or in your journal, write the "long" version of your depression story. You might include when your symptoms began, events that might have contributed to you feeling down, when you realized you needed help, and anything that's helping you now. You might include what you want to say to others. Also describe what you think you need right now.

My Depression Story

Depression feels like:

The symptoms that are hardest for me to deal with are:

Sometimes depression makes me:

The things that help me include:

When I talk to you about it I hope you can:

Now, put it all together. Looking at what you've written above, write a script so if you decide to talk about how you're feeling you'll know what to say.

Practice your script a few times in front of the mirror.

Are you going to share your depression story? Why or why not?

If you decide to share your story, who will you share it with?

Did this exercise help you sort out how you can share your feelings with others?
Why or why not?

What did you find most challenging about this exercise?

Your Worries Are Just Thoughts

What to Know

When teens have so-called "normal worries," they think of them as temporary concerns that can usually be solved pretty easily or that simply resolve themselves. These worries don't trigger physical reactions associated with fear. Normal worries don't keep coming back and they don't affect your daily life.

However, teens who worry excessively allow their worries to disrupt their lives. They typically think of their worries as real and something to be feared. They act as if they (or people they care about) are in real danger. But, in fact, there is no danger. Teens who worry all the time forget that their worries are just thoughts. They give their worries magical powers which in the real world, make no sense.

This worksheet will help you understand and accept that the worries you have that trigger your anxiety are just thoughts.

What to Do

Write down the worry that troubles you the most.

Say out loud: "This worry is just a thought."

How much do you believe this?

Rating _____ (1 = I don't really believe this, to 10 = I completely believe this)

Say out loud: "I'm not in danger. No one else is in danger. There is no danger to deal with."

How much do you believe this?

Rating _____ (1 = I don't really believe this, to 10 = I completely believe this)

Say out loud: "Worrying makes my thoughts feel like they can really happen, but I know they can't. So sometimes I can't trust my feelings when dealing with my worries."

How much do you believe this?

Rating_____ (1 = I don't really believe this, to 10 = I completely believe this)

Say out loud: "I don't have to react to this worry. I can just observe it and let it go like I'm watching a cloud drift away."

Now, close your eyes and imagine that your worry is just a cloud floating away. Breathe slowly and deeply as you let your thoughts drift away.

Did this activity help you cope with your worry? Why or why not?

Now, practice this exercise each time you worry. Write down the date, the worrisome thought, and if the technique was effective in eliminating your worries.

Date	Worry	Was the technique effective? Yes or No

YOUR MOST IMPORTANT ASSIGNMENT IS YOU

This is a difficult time for teens. . . and parents and teachers too! Lots of teens are depressed and anxious and wondering if their lives will ever get back to normal. As psychologists, we know that you can overcome the problems that are bothering you and there is no time like the present to start feeling good about life again. It will take a little work, but it doesn't have to take a lot of time. If you take just 10 or 15 minutes a day, you can "train your brain" to stop worrying so much. You can learn how to face difficult feelings like sadness and fear and even loneliness. In fact, this workbook can help you overcome all kinds of mental health problems, particularly ones caused by the COVID-19 Pandemic.

The workbook will teach you 36 psychological skills to help make you feel more in control of your life and more hopeful. These skills include:

Positive Thinking
Setting Goals
Connecting with Friends
Finding Help When You Need It
Overcoming Setbacks
Dealing with Family Problems

Self-Compassion
Nurturing Hope
Dealing with Depression
Handling Emotional Pain
Journaling
Mindful Awareness

The most important thing you will learn from this book is that mental health problems don't have to take over your life.

About the Authors:

Angela M. Doel, MS, has published many books on mental health including *Overcoming Binge Eating Disorder* and *The Teen Anxiety Workbook*. Ms. Doel earned her M.S. in Counseling Psychology at the University of Pennsylvania. She holds an advanced certification in nutritional counseling, and her areas of specialization are health education and eating disorders.

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