

Managing Stress and Anxiety in Youth
Part One: Preventing Emotional Overload and Cultivating Resilience
Dr. Lisa Damour, PhD
Resource Guide

* The following are resources from Part 1 session

[Lisa Damour, PhD](#)

Helpful Coping Skills for Students (Some ideas from participants)

HALT- check in are you hungry, angry, lonely, tired?

Grounding Technique

Gratitude Journal

spelling what you see to help you stay in the moment and not over thinking

Deep Breathe

Mindset and Mobility Program

Ask student what has worked for them in the past

Positive Self Talk

Who is the little character over your left shoulder in your bookshelf?

Book Recommendations

[Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls Hardcover](#)
[- February 12, 2019](#)

[Untangled: Guiding Teenage Girls through the Seven Transitions into Adulthood](#)

[Yardsticks: Child and Adolescent Development Ages 4 - 14: Chip Wood, Center for](#)

[Responsive Schools: 9781892989895: Amazon.com: Books](#)

Preorder link for new book:<http://www.randomhousebooks.com/books/709943/>

[Untangling Family Life Newsletter](#)

Podcasts

[Raising Good Humans](#)

[Flusterclux With Lynn Lyons: For Parents Who Worry on Apple Podcasts](#)

[Podcast Archives - Lisa Damour, PhD](#)