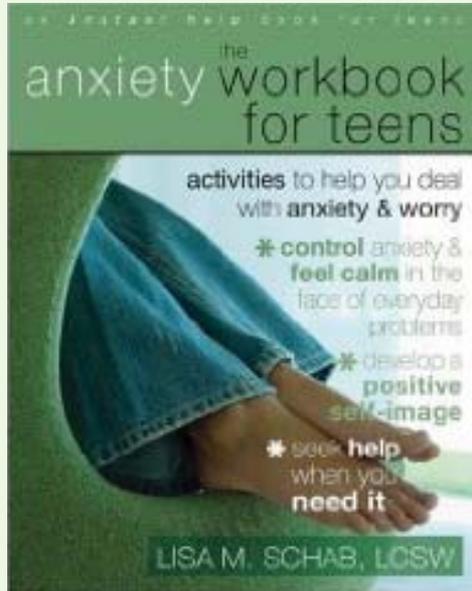


from the Reach Library....

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This teen self help book is full of activities that your teen can do, or you can do with your teen, that will help with anxiety as well as with other struggles teens experience. What I really like about this book is that although the focus is anxiety, the method is self reflection. Self reflection does not come easily, and practicing for any reason is helpful. Becoming conscious of our thoughts and how those thoughts affect our feelings is a skill that is useful in all facets of life. It is the basis of cognitive behavioural therapy, which is a widely used and successful approach in counselling.

The book has the teen examine their thinking and how this affects their anxiety and the way they feel in general. One activity is to keep a log of the events in the day and to rate each event on how anxiety provoking it is. This exercise allows the reader to obtain an accurate picture, rather than over or underestimating how anxious they are. Some other useful exercises involve attitude, and how the same situation affects people differently simply because of the way they think about it; how worry is useless and may make things worse; all or nothing thinking, such as if you fail a test, you quickly move to the conclusion that you are a failure. These exercises get the reader to examine how they are thinking about things.

More general approaches are also covered, such as fitting more exercise into your life; progressive relaxation; deep breathing; problem solving; and keeping yourself organized.

You can pick and choose which exercises are most relevant and useful for your situation. Of course, as with any self help book like this, success depends upon whether one actually takes the time to do the exercises and following through. The suggestions and strategies are sound, but whether your teen will be interested in doing them is another matter, and there is no assistance in this regard. For a motivated teen, this is an excellent resource.