

**2019-2020**

**Best Practices Resources**

***Uncovering Skills for Stress Resilience***

**Books**

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

by Bonnie Zucker

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

by Reid Wilson and Lynn Lyons

***Daring Greatly:*** [***How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead***](https://www.amazon.com/Daring-Greatly-Courage-Vulnerable-Transforms/dp/1592408419/ref%3Dsr_1_2?crid=5YF5LTYHQ7QZ&keywords=daring+greatly&qid=1575409098&sprefix=Daring+%2Caps%2C154&sr=8-2) ***(2015)***

by Brene Brown

***Enough as She Is*** [***: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives***](https://www.amazon.com/Enough-She-Impossible-Standards-Fulfilling/dp/0062438425/ref%3Dsr_1_1?crid=2C45K91R6J70J&keywords=enough+as+she+is&qid=1575409393&sprefix=enough+as+%2Caps%2C151&sr=8-1) ***(2019)***

byRachel Simmons

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

by Tamar Chansky

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

by [Peter C. Brown](https://www.amazon.com/Peter-C-Brown/e/B001HMNSLS/ref%3Ddp_byline_cont_book_1), [Henry L. Roediger III](https://www.amazon.com/s/ref%3Ddp_byline_sr_book_2?ie=UTF8&field-author=Henry+L.+Roediger+III&text=Henry+L.+Roediger+III&sort=relevancerank&search-alias=books), and [Mark A. McDaniel](https://www.amazon.com/Mark-A-McDaniel/e/B001IXOD7O/ref%3Ddp_byline_cont_book_3)

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

by Phyllis L. Fagell

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

by Whitney Stewart and Mina Braun

***Mindfulness in Plain English (2011)***

by Bhante Gunaratana

## [***Mothering and Daughtering: Keeping Your Bond Strong Through the Teen Years***](https://www.amazon.com/Mothering-Daughtering-Keeping-Strong-Through/dp/1604078855/ref%3Dsr_1_1?crid=37CSGLJQ8KGMD&keywords=mothering+and+daughtering&qid=1575410174&sprefix=Mothering+and+%2Caps%2C151&sr=8-1) ***(2013)***

by Eliza Reynolds and Sil Reynolds

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

by Reid Wilson and Lynn Lyons

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

by Reid Wilson

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

by Meena Srinivasan

***Teach Your Children Well:*** [***Why Values and Coping Skills Matter More Than Grades, Trophies, or "Fat Envelopes"***](https://www.amazon.com/Teach-Your-Children-Well-Envelopes/dp/0062196847/ref%3Dsr_1_2?keywords=Teach+Your+Children+Well&qid=1575409597&sr=8-2) ***(2016)***

by Madeline Levine

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

by Katty Kay and Claire Shipman

***The Price of Privilege:*** [***How Parental Pressure and Material Advantage are Creating a Generation of Disconnected and Unhappy Kids***](https://www.amazon.com/Price-Privilege-Advantage-Generation-Disconnected/dp/006059585X/ref%3Dsr_1_1?crid=1M6IC1PWZI0UU&keywords=the+price+of+privilege+by+madeline+levine&qid=1575410028&sprefix=by+Madeline+Levine%2Caps%2C272&sr=8-1) ***(2008)***

by Madeline Levine

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

by William Stixrud and Ned Johnson

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

by Kelly McGonigal

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

by Lisa Damour

[***Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood***](https://www.amazon.com/Untangled-Guiding-Teenage-Transitions-Adulthood/dp/0553393073/ref%3Dsr_1_2?crid=19278C4U3EQM6&keywords=untangled+guiding+girls+through+the+seven+transitions+into+adulthood&qid=1575408913&sprefix=Untagnl%2Caps%2C156&sr=8-2) ***(2017)***

by Lisa Damour

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

by Jon Kabat-Zinn

**Articles**

[***6 Ways to Reduce Your Middle Schooler’s Stress***](https://www.parenttoolkit.com/health-and-wellness/news/stress/6-ways-you-can-reduce-your-middle-schooler-s-stress)

by **May Duong and Ilaria Boffa,** September 28, 2015

[www.parenttoolkit.com](http://www.parenttoolkit.com)

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

by [Peg Rosen](https://www.understood.org/en/about/authors/Peg-Rosen);

<https://www.understood.org>

***Your Child and Anxiety: School Stress Starts Early***

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

by [Daniel J. DeNoon](https://www.webmd.com/daniel-j-denoon), March 01, 2007

[www.webmd.com](http://www.webmd.com)

**People**

* Dalton, Jonathan (<https://changeanxiety.com/>)
* Damour, Lisa (<https://www.drlisadamour.com/>)
* Fagell, Phyllis L. (<http://www.phyllisfagell.com/>)
* Lyons, Lynn (<https://www.lynnlyonsnh.com/>)
* Stixrud, William (https://stixrud.com/)
* Zucker, Bonnie (<http://www.bonniezucker.com/>)

**Documentaries**

***Angst (2017)***

 ***Project Happiness (2011)***

***Screenagers (2016)***

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

***Status Anxiety (2008)***

**Podcasts**

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

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

**Teaching for Better Humans (2019)**

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

**Programs & Resources**

**Mental Health**:

 <https://www.nami.org/>

<https://www.every-mind.org/community-education/>

 <https://www.mhamd.org/getting-help/free-publications/>

<https://childmind.org/>

 <https://www.mentalhealthfirstaid.org/>

<https://strong365.org/>

<https://www.6seconds.org/>

<https://bornthisway.foundation/>

<https://adaa.org/finding-help/mobile-apps>

<https://www.samhsa.gov/find-help/national-helpline>

<https://www.7cups.com/>

<https://www.betterhelp.com/>

<https://www.boystown.org/hotline/Pages/default.aspx>

<http://www.211.org/>

**Mental Wellness Clubs:**

<http://www.intheforefront.org/>

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

**Mindfulness:**

 <https://www.mindfulschools.org/>

 <https://greatergood.berkeley.edu/mindfulness>

<https://www.uclahealth.org/marc/>

 <https://www.mindful.org/how-to-practice-mindfulness/>

 Apps for your cell phones:

 <https://www.stopbreathethink.com/>

 <https://www.headspace.com/>

 <https://www.tenpercent.com/>

<https://www.calm.com/>

**Resiliency Skills in Schools:**

<https://casel.org/>

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

<http://ei.yale.edu/ruler/ruler-overview/>

<https://www.awayfortheday.org/>

<http://www.thebullyproject.com/>

**Suicide Prevention:**

<https://www.activeminds.org/programs/suicide-prevention-month/>

 <https://www.thetrevorproject.org/>

<https://suicidepreventionlifeline.org/>

<https://www.crisistextline.org/depression>