

HEALTHY HABITS FOR LIFE: INSTILLING MINDFULNESS AND RESILIENCE IN ADOLESCENTS

RESOURCES

BOOKS

- Bernstein, J. (2018). *Mindfulness for teen worry: Quick and easy strategies to let go of anxiety, worry, and stress*. Instant Help.
- Bluth, K. (2020). *The self-compassionate teen: Mindfulness and compassion skills to conquer your critical inner voice*. Instant Help.
- Vo, D. X. (2015). *The mindful teen: Powerful skills to help you handle stress one moment at a time*. Instant Help.

ONLINE ARTICLES

- Fargo, S. (2019, September 17). *7 mindfulness exercises for kids and families*. Mindfulness Exercises. <https://mindfulnessexercises.com/7-mindfulness-exercises-for-kids-and-families>
- Hutton, S. (2024, June 26). *3 mindfulness practices for neurodiverse meditators*. Mindful. <https://www.mindful.org/3-mindfulness-practices-for-neurodiverse-meditators>
- Mindful. (2024, May 1). *Mindfulness for kids*. <https://www.mindful.org/mindfulness-for-kids>

VIDEOS

- Mahajan, S. [@FablefyTheWholeChild]. (2018, May 30). *Mindfulness bootcamp: 5 Minutes mountain meditation – Mindfulness for teens and adults* [Video]. YouTube. <https://www.youtube.com/watch?v=R9w7SjHaZmE>
- Mindfulness for Teens (n.d.). *Guided meditations*. <https://www.mindfulnessforteens.com/guided-meditations>
- Neff, K. [@CeneterforMindfulSelfCompassion]. (2023, December 6). *Compassionate body scan meditation* [Video]. YouTube. <https://www.youtube.com/watch?v=vYZjwwGzHhY>

WEBSITES

- Change to Chill
Mindfulness and stress relief resources for teenagers
changetochill.org
- Mindfulness for Teens
Discovering your inner strength
mindfulnessforteens.com

WORKBOOKS

- Battistin, J. M. (2019). *Mindfulness for teens in 10 minutes a day: Exercises to feel calm, stay focused & be your best self*. Callisto Teens.
- Biegel, G. M. (2017). *The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress* (2nd Ed.). Instant Help.
- Rockman, P., McLay, A., & Freedman, M. L. (2022). *The mindful teen workbook: Powerful skills to find calm, develop self-compassion and build resilience*. Instant Help.
- Willard, C. (2014). *Mindfulness for teen anxiety: A workbook for overcoming anxiety at home, at school, and everywhere else*. Instant Help.

APPS

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|---|---|---|--|
| Teen Breathe
Android iOS | MentalUP
Android iOS | Smiling Mind
Android iOS | Three Good Things
Android iOS |
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Links accurate as of August 2024

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