

Raising Resilient Adolescents in the New Age of Anxiety

Adolescence is a time of great change and growth. It can also be a time of great stress and anxiety. The world that our adolescents are growing up in is more complex and challenging than ever before. They are faced with a constant barrage of information and stimulation. They are also under increasing pressure to succeed academically, socially, and emotionally. It is no wonder that so many adolescents are struggling with anxiety.



Chicken Little the Sky Isn't Falling: Raising Resilient Adolescents in the New Age of Anxiety by Erica Komisar

★★★★☆ 4.3 out of 5

Language : English
File size : 969 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 285 pages



Anxiety is a normal part of life. It is a response to stress. However, when anxiety becomes excessive or persistent, it can interfere with a person's ability to function. Adolescents who are struggling with anxiety may have difficulty concentrating, sleeping, and eating. They may also withdraw from social activities and have difficulty enjoying themselves. In some cases, anxiety can lead to depression or other mental health problems.

There are a number of things that parents and educators can do to help adolescents cope with anxiety. One of the most important things is to provide support and understanding. It is important to let adolescents know that they are not alone and that there are people who care about them. It is also important to help adolescents develop coping skills. These skills can help them manage stress and anxiety in a healthy way.

The book *Raising Resilient Adolescents in the New Age of Anxiety* is a comprehensive guide for parents and educators on how to help young people navigate the challenges of today's world. The book provides practical strategies and evidence-based advice on how to build resilience, cope with stress, and foster positive mental health in adolescents.

What You Will Learn in This Book

- The nature of anxiety and how it affects adolescents
- The causes of anxiety in adolescents
- The signs and symptoms of anxiety in adolescents
- The impact of anxiety on adolescents' academic, social, and emotional development
- How to help adolescents cope with anxiety
- How to build resilience in adolescents
- How to foster positive mental health in adolescents

Who This Book Is For

This book is for parents, educators, and anyone else who works with adolescents. It is also for adolescents themselves who are struggling with

anxiety.

About the Author

Dr. Susan Stiffelman is a licensed clinical psychologist and the author of Raising Resilient Children. She has over 20 years of experience working with children and adolescents. She is a nationally recognized expert on anxiety and resilience.

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