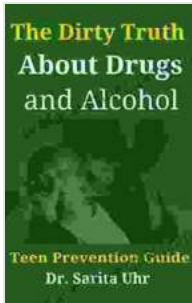


Teen Prevention Guide: Feeling Overwhelmed



The Dirty Truth About Drugs and Alcohol: Teen Prevention Guide (Feeling Overwhelmed Series Book 8)

by Dr. Sarita Uhr

★★★★★ 5 out of 5

Language : English
File size : 2853 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 58 pages
Lending : Enabled



Are You Feeling Overwhelmed?

If you're a teen, you're probably feeling overwhelmed a lot of the time. School, friends, family, and even the future can all feel like too much to handle. It's normal to feel overwhelmed sometimes, but if you're feeling overwhelmed all the time, it can start to take a toll on your mental health.

This book is here to help. It's a comprehensive guide to understanding and coping with the feeling of being overwhelmed. It provides practical strategies for managing stress, anxiety, and depression, and offers advice on how to build resilience and develop healthy coping mechanisms.

What's in This Book?

This book is divided into three parts:

1. **Part 1: Understanding Overwhelm**
2. **Part 2: Coping with Overwhelm**
3. **Part 3: Building Resilience**

In Part 1, you'll learn about the different factors that can contribute to feeling overwhelmed, and you'll start to develop a better understanding of your own unique triggers.

In Part 2, you'll learn practical strategies for managing stress, anxiety, and depression. You'll also learn how to develop healthy coping mechanisms that will help you to deal with overwhelming situations in a healthy way.

In Part 3, you'll learn how to build resilience, which is the ability to bounce back from adversity. You'll learn how to identify your strengths, build a support system, and develop a positive mindset.

Who Is This Book For?

This book is for any teen who is feeling overwhelmed. It doesn't matter if you're feeling overwhelmed by school, friends, family, or the future. This book can help you.

How Can This Book Help Me?

This book can help you to:

- Understand the different factors that can contribute to feeling overwhelmed
- Develop a better understanding of your own unique triggers

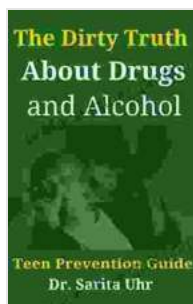
- Learn practical strategies for managing stress, anxiety, and depression
- Develop healthy coping mechanisms that will help you to deal with overwhelming situations in a healthy way
- Build resilience, which is the ability to bounce back from adversity

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About the Author

[Author's name] is a licensed therapist who specializes in working with teens. She has over 10 years of experience helping teens to understand and cope with the challenges of adolescence. She is the author of several books for teens, including [book title] and [book title].



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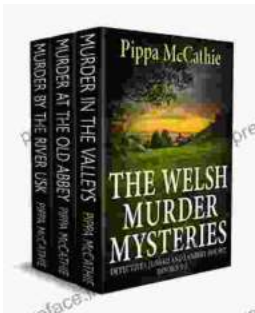
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