



My Anxious Mind: A Teen's Guide To Managing Anxiety And Panic

Michael A. Tompkins , Katherine A. Martinez , Michael Sloan (Illustrator)

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'My Anxious Mind' outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is full of simple-to-use tools and strategies that easily fit into any teen's busy routine.

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From Reader Review My Anxious Mind: A Teen's Guide To Managing Anxiety And Panic for online ebook

Lenka says

Well written guidance. Only few things to personally take away tho, but that is fine.

Elizabeth Gordon says

It has given me some ideas to help me with my anxiety

Danielle says

By most accounts this book is very helpful. It was recommended to me by a psychologist whose clients have found it very helpful and who knows me very well. I had high hopes for it, but it wasn't the right book for me.

Julia P says

I normally don't read a lot of reference books/non-fiction, but I definitely going this book useful. It gives lots of great self-care tips and habits to practice, so I would definitely recommend it to anyone with anxiety.

Ruth Hyland says

this seemed like it had some good concrete ideas to help with anxiety. but again i couldn't get my teens to read them or apply their principles.

Lindsay says

Some great charts and illustrations for presenting calming strategies for teenagers. I'm not sure how teens would take to reading this on their own (lots of text and charts), but there are definitely a bunch of resources that I will incorporate into my work with teenagers.

Claire Koger says

I chose to read the book My Anxious Mind because I suffer from anxiety and I thought this book would be beneficial for me. I found 8 of the chapters in the book very helpful in coping with my anxiety. The first

chapter talks about realizing when anxiety becomes a problem and to see the initial signs right from the start. This is very imprint to realize you are suffering from anxiety. The second chapter states that everyone needs to have time to breath, relax, and take a step back. It is always important to make sure you have time for yourself. The third chapter talks about facing our fears one step at a time and over time how this will become easier and help manage your anxiety. The fourth chapter discusses panic attacks and how to deal with them and make them last a shorter amount of time. The key thing to do when having a panic attack is to stay calm and go with the flow. The fifth chapter talks about identifying stress so you know what is getting to you. You cant solve the problem if you don't know what the issue is. The sixth chapter mainly focuses on taking care of your well being and how important it is to keep up on your nutrition, exercise, and sleep. If you live a health life style it will improve your anxiety and lower your chances of getting a eating disorder. The seventh chapter talks about different medications that help deal with anxiety but it also talks about all of the medications bad side affects. The last chapter I found helpful was that you will never get rid of your anxiety unless you have a hopeful heart and keep your head up. If you follow all of these steps your anxiety will decrease if not go away.

I found this book incredibly helpful in managing my anxiety.I would recommend this book to anyone who has an anxious mind and needs help.

Ann Bailey says

Fantastic, easy to understand book for ANYONE. Although a lot of the techniques I already knew through therapy, I greatly enjoyed this book. I thought it was well written and easy to follow. The techniques to change your anxious track are simply amazing and something I do on a daily basis to work through anxious situations. The things this books talks about were well researched, explained, and actually do help! Of course they will all work differently for everyone, like everything that has to do with anxiety; it's just a matter of trying and seeing what works best for you!

Ruby Paustian says

This book gave helpful hints to teens on how to deal with anxiety. I thought most of their tips were helpful like learning how to breathe, why sleep is important, etc. Some advice that the authors give seem to be very basic and repetitive, but would still recommend to someone with anxiety.

Aimee says

This book has great tools and descriptions of anxiety and how to manage it. However, it is wordy and teens may benefit from using this book with s parent or counselor's help. It's a great resource for teens who like to read and are self motivated. Also great resource to use in counseling sessions. And lastly I think it would be helpful for parents wanting to help a child work through anxiety. I would recommend this book to my friends and mental health coworkers.

Sylvia says

I always felt like I had a bit of an anxiety issue, so I wanted to learn a bit more.

I ended up skimming parts of the book because I started feeling dizzy and nauseous and nervous.

But there was a lot of good advice.

Kristen Graham says

Great resource if you work with older children or teens who struggle with anxiety or panic attacks. Contains practical tools with awesome charts and diagrams for implementation. In fact, since reading, I've found myself using some of the tools when I am feeling stressed out at work. Just an all around helpful and informational guide.

Louise Jones says

i am really no longer a teenager but just saw my anxious mind mind missing out the teenage bit not that it matters as the techniques mentioned are the same for what ever the age it was easy to follow with stories and that made sense and worth remembering although must admit rushed through the techniques alot

Yvonne Ferlita says

Awesome primer for those first learning to handle anxiety. The writing style is friendly, encouraging and simple to understand. Covers topics from relaxation techniques to psychotherapy and medication. Though written for teens, I would not hesitate in recommending it to adults as well.

Debbie Hoskins says

I found this helpful as an adult. I also like the way the book is illustrated and designed.
