



# Teen Anxiety: A CBT and ACT Activity Resource Book for Helping Anxious Adolescents

*Raychelle Cassada Lohmann*

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Today's teens are faced with all sorts of decisions, dilemmas and difficulties, from exam worries to friendship and relationship problems. The result is that anxiety is an increasingly common problem, and professionals need practical ways of helping these anxious teens.

Teen Anxiety is a practical manual to use with teenagers to help them cope with anxious feelings. With 60 easy-to-do activities based on Cognitive Behavioral Therapy (CBT) and Acceptance Commitment Therapy (ACT), teenagers can be helped to understand what triggers their anxiety; the importance of taking care of themselves; how to work through anxious feelings, fear, stress, and panic; and how to accept and manage thoughts and emotions. Part 1 of the book provides a guide to CBT, ACT and what anxiety is, and the manual also includes scaling questions for assessment and graphs to track progress.

This ready-to-use manual, packed with information and activities, will be invaluable to professionals working with anxious teenagers.

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