



# **Transforming Stress for Teens: The HeartMath Solution for Staying Cool Under Pressure (The Instant Help Solutions Series)**

*Rollin McCraty PhD, Stephen W. Lance MS, Jeff Goelitz*

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**It's stressful being a teen! In *Transforming Stress for Teens*, leaders from the world-renowned Institute of HeartMath and Clemson University's Youth Learning Institute team up to teach overwhelmed and stressed-out teens how to use HeartMath skills—proven-effective tools and techniques to help you manage daily stress and anxiety, and develop resilience by managing emotion.**

The teen years are a time of significant change and growth, and teens face numerous stressors like homework overload, conflict with friends and family, balancing school and other responsibilities, and dealing the all-too-common feeling of being left out or of not belonging. Emotions can “drain your battery,” and many teens struggle when it comes to managing their everyday stress. Some withdraw or even turn to destructive behaviors in an effort to feel better.

Following the success of *Transforming Stress*, this book is the first to provide teens with the life-changing, proven-effective HeartMath skills for reducing stress. Using these practical evidence-based concepts and techniques, this book will help you manage stress by showing you how to manage your emotions. And with these emotion regulation skills, like the relaxing heart-breathing technique, you'll feel calmer, be more confident, think more clearly, bounce back from challenging situations, and enjoy life with a new understanding of what's really important to you.

*Transforming Stress for Teens* will help you recognize the mental, emotional, and physical impact of stress, and guide you toward finding balance, clarity, and self-assurance with the proven HeartMath tools. When you feel better, you do better—this book will show you how.

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**Lorenzo Davis:**

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