

# Teen Stress Reduction Resources



## Free Mindfulness Apps

### **STOP, BREATHE, AND THINK**

MEDITATIONS FOR MINDFULNESS AND COMPASSION

### **INSIGHT TIMER**

SUPPORTS IN TIMING MEDITATIONS WITH A CALMING BELL

### **MINDSHIFT**

MINDFULNESS AND COPING SKILLS FOR ANXIETY.

## Helpful Websites

### **[ww.mindfulnessforteens.com](http://ww.mindfulnessforteens.com)**

Helps support and guide teens to incorporating mindfulness into their daily lives to reduce stress.

### **[https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal\\_plan\\_handout.pdf](https://www.aap.org/en-us/professional-resources/Reaching-Teens/Documents/Private/Personal_plan_handout.pdf)**

Guides students through creating a detailed Personalized Plan for coping with stress.

### **[www.stressedteens.com](http://www.stressedteens.com)**

Offers online training courses, mindfulness resources, and a hard copy workbook to support stress reduction.