

Fighting Invisible Tigers: Stress Management for Teens

By Earl Hipp

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When you're stressed out, it can feel like being in a dense jungle full of invisible tigers-you can't see them, but you can sense them all around you. Seriously stressed? Find Help Here. Too much to do and not enough time....If this sounds familiar, you're not alone. Tests, reports, sports, band, homework, after-school job-the list of things you have to do can be long. At times it can be hard to deal with issues that come up at home and with friends. Fighting Invisible Tigers can help. LEARN " 10 TIGER-TAMING TECHNIQUES " Breathing and relaxation exercises to unwind. Time management and goal setting tools to accomplish more with less stress Advice for tough situations-including peer pressure and bullying. Tips for building a strong support network of family and friends. Ideas for staying positive-even during difficult times. These and other everyday strategies can help you escape the stress jungle. Throughout, you'll find fast facts, teen quotes, and resources where you can find out more.

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Editorial Review

About the Author
Earl Hipp, author of many books for young people, has a degree in Psychology and a master's in Psychophysiology. In his work as a clinical psychotherapist, he helps people understand, cope with, and grow through challenges in their lives.

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