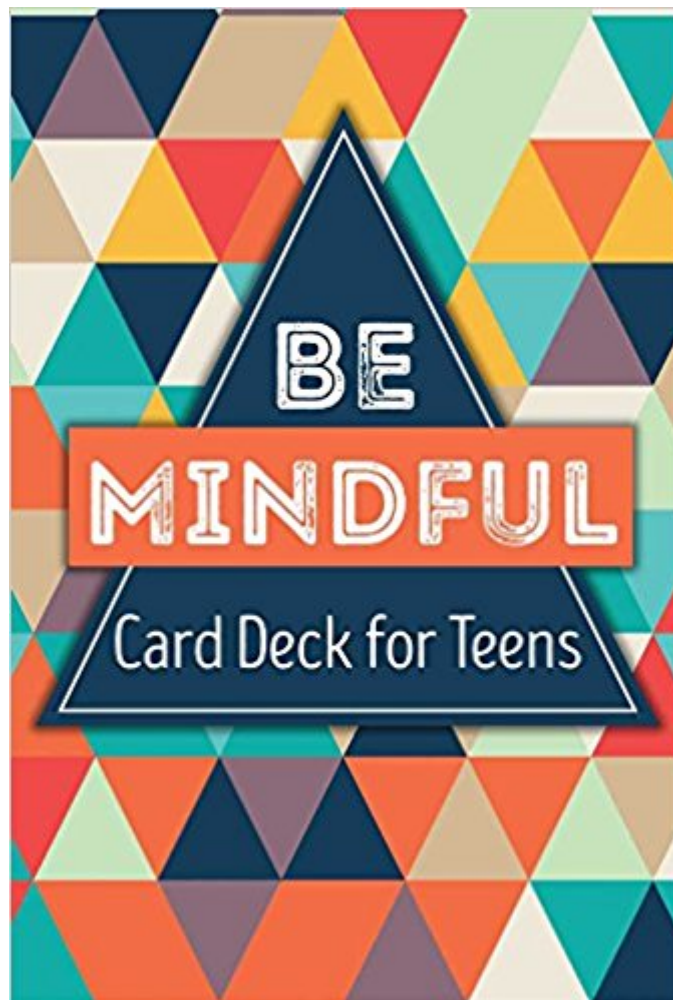


The book was found

# Be Mindful Card Deck For Teens



## Synopsis

Reduce Stress, Improve Self-Care and Find Focus Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax. Perfect to manage your everyday stressors: School demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.

## Book Information

Cards: 58 pages

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Average Customer Review: 4.2 out of 5 stars 33 customer reviews

Best Sellers Rank: #16,684 in Books (See Top 100 in Books) #19 in Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #84 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #106 in Books > Self-Help > Self-Esteem

## Customer Reviews

"The Be Mindful Card Deck for Teens is an amazing way to support emotional health and mindfulness skills. Each card is an invitation into greater balance, presence, and compassion. This deck is an amazing resource for any teen caught in the stress and tumult of modern life to be able to find greater self-acceptance and connection to the world around them." --Daniel Rechtschaffen, MFT

The Be Mindful Card Deck for Teens is an excellent support for teens to keep their mindfulness practice alive and well. The user-friendly suggestions and exercises offer great reminders to help any teen remember to relax and stay connected to the wisdom and good heart right inside." - James Baraz, co-founding teacher of Spirit Rock Meditation Center Woodacre, CA, author of Awakening Joy: 10 Steps to Happiness

Gina M. Biegel, MA, LMFT, is a psychotherapist, author, researcher and creator of the Mindfulness-Based Stress Reduction for Teens (MBSR-T) program. She works nationally and

internationally training professionals and works with teens and their families. She is the CEO of the company Stressed Teens.

Be Mindful cards are a wonderful mindfulness tool for teens and for adults. The author has over ten years experience working with teens to help them deal with stress, anxiety, depression, self-harm, and more. Teens can use these cards as part of their own exploration with mindfulness practice. Each card is a reminder, an affirmation, a question, or an exercise to help you pause, become aware of your senses, your thoughts, your emotions, your surroundings. Each pause gives you time to access your own true wisdom before you act. I am a mindfulness and meditation teacher, and I recommend these cards to teens and adults.

I am a therapist working with teens and adults and I found that my adult clients like these cards as much or even more than my teens do. They actually ask for a card at the end of each session.

These are great with my therapy groups - middle and high school students especially! They really enjoy the self-care aspects and the deck works well as a jumping off point for great discussions.

My students LOVE these! These are great for getting new ideas when you keep running through a list or the same 7 mindfulness techniques. These really cater to daily mindfulness habits that a teen can set, like paying attention to songs they're listening to or paying attention to the movement of their legs as they walk between classes. These are a must for any teen anxiety group!

Awesome therapy deck. Perfect for our teen DBT group. A creative way to start discussions and practice mindfulness

My teen therapy clients seem to enjoy this and are willing to give things a try when using these. I would like to try using them in group in addition to the individual work I have done with them.

These have been a great interactive addition to both individual and group therapy. I would highly recommend! The cards have a glossy finish and individuals have commented that they not only like the content, they are nice to look at!

This has lots of great activities for teens. There is one obvious editing error. One entire category of

cards is listed as "Wild Card" instead of one or two of that category.

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