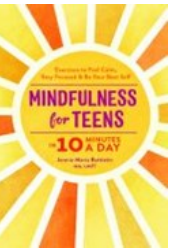


The teen's guide to social skills : practical advice for building empathy, self-esteem, & confidence by Fitzsimons, Kate

In social situations, it can be really confusing to figure out what to say or do-and when you're a teenager, it often feels impossible to get past the awkwardness. No matter why you struggle, you can build up your confidence with this guide to social skills for teens



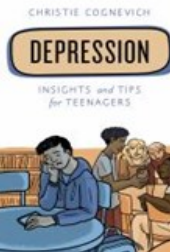
Mindfulness for teens in 10 minutes a day : exercises to feel calm, stay focused & be your best self by Battistin, Jennie Marie

You might have heard about mindfulness, or the ability to be fully present in the "here and now." But did you know you can use it to reduce stress in your everyday life?



The anxiety workbook for teens : activities to help you deal with anxiety & worry by Schab, Lisa M

The Anxiety Workbook for Teens is the go-to resource for teen anxiety, recommended by therapists worldwide. This fully revised and updated second edition offers new activities to address the specific anxiety triggers today's teens are facing--from social media stress to global warming to pandemics.



Depression : insights and tips for teenagers by Cognevich, Christie

This book offers relatable, real-life anecdotes and practical strategies to help teenagers struggling with depression. It contains accessible explanations of the mental and physical processes behind depression, discusses how to identify signs of struggle, and shares resources for getting help.



Nutrition and exercise

by Huddleston, Emma

This title takes a look at the importance of keeping active and eating a balanced diet. It also offers helpful suggestions on how to make healthy lifestyle changes.

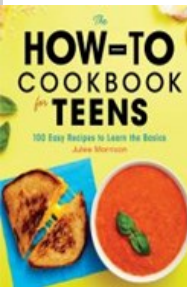
If you're interested in learning about teens' health & well-being (physical & emotional), check out these great titles at your MCLS community branch! These books are shelved in the non-fiction collection which is numerically organized by subject. For example, 641.5 is where you find books about cooking & culinary arts.



What's the big deal about addictions? : answers and help for teens

by Crist, James J

Open this book to find out how many teens actually use drugs and alcohol, the difference between casual use and addiction, the ways an addiction can interfere with your life, and the strategies you can use to help you avoid or overcome one.



The how-to cookbook for teens : 100 easy recipes to learn the basics

by Morrison, Julee

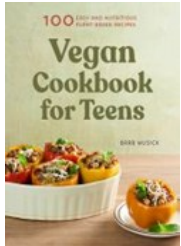
Fire up your curiosity to try new foods and impress your family and friends. The How-To Cookbook for Teens will help you learn the basics of cooking and baking while having fun and creating incredible meals (and memories) from scratch. The recipes begin with the fundamentals, then take your skills to the next level.

Health & Well-Being Books for Teens: Diet, Exercise, & Mental Health



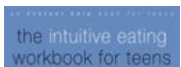
www.libraryweb.org

Compiled by the
Monroe County Library System's
Teen Services Librarians



Vegan cookbook for teens : 100 easy and nutritious plant-based recipes by Musick, Barb

Whether teens want to be kinder to animals, the environment, or their own bodies, there are so many good reasons to explore veganism! This teen cookbook makes plant-based cooking fun, flavorful, and easy.



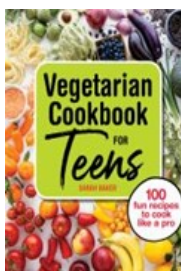
The intuitive eating workbook for teens : a non-diet, body positive approach to building a healthy relationship with food by Resch, Elyse

A new, *non-diet* approach to help teens adopt healthy eating habits. Building on the success of the evidence-based guide, *Intuitive Eating*, this workbook for teens addresses the ten principles of intuitive eating to help young readers develop a healthy relationship to food.



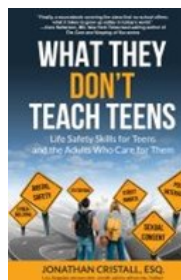
The self-compassionate teen : mindfulness & compassion skills to help you conquer your critical inner voice by Bluth, Karen

This book offers fun, everyday exercises grounded in mindfulness and self-compassion to help you overcome crippling self-criticism and respond to feelings of self-doubt with greater kindness and self-care.



Vegetarian cookbook for teens : 100 fun recipes to cook like a pro by Baker, Sarah

Whatever your reason for exploring vegetarian cooking—your love of animals, reducing your carbon footprint, or the variety of health benefits—the *Vegetarian Cookbook for Teens* will show you that meatless cooking goes way beyond a life of sprouts and salads.



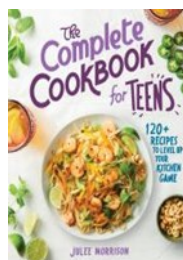
What they don't teach teens : life safety skills for teens and the adults who care for them by Cristall, Jonathan

The 21st century guidebook of life safety skills for teens, their parents, and other caregivers, covering physical safety, sexual consent, social media, your rights with the police, situational awareness, dating violence, smartphones, and more.



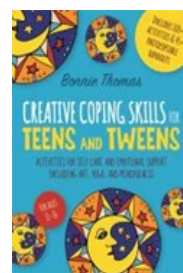
Anxiety relief for teens : essential CBT skills and mindfulness practices to overcome anxiety and stress by Galanti, Regine

Is anxiety disrupting your life? With proven CBT-based skills and mindfulness techniques, this book can be your guide out of the spiraling stress of anxiety and get you back on track to living a happy and healthy life.



The complete cookbook for teens : 120+ recipes to level up your kitchen game by Morrison, Julee

From doing laundry to parallel parking, growing up requires teenagers to learn some very important life skills—none more important than cooking. The Complete Cookbook for Teens will teach young adults looking to advance their cooking knowledge, with straightforward instructions for easy..



Creative coping skills for teens and tweens : activities for self-care and emotional support including art, yoga and mindfulness by Thomas, Bonnie

This photocopiable activity book helps teens and tweens who are feeling voiceless, ineffective, or fearful in response to events at a world, community, or individual level. It incorporates exercises using art and crafts.



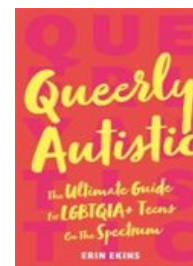
The super easy teen baking cookbook : 60 simple step-by-step recipes by Schotland, Marlynn Jayme

Baking can seem like a lot of complicated chemistry, but with the help of *The Super Easy Teen Baking Cookbook*, it all becomes simple.



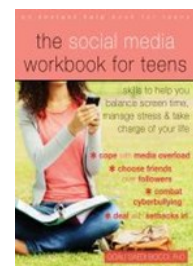
How to win friends and influence people for teen girls by Carnegie, Donna Dale

How to Win Friends and Influence People for Teen Girls has become the go-to guidebook for girls as they navigate their teenage years. Discover the best ways to build emotional intelligence, create strong friendships and fulfilling romantic relationships, manage social media, defuse arguments, and make self-defining choices.



Queerly autistic : the ultimate guide for LGBTQIA+ teens on the spectrum by Ekins, Erin

An inspiring survival guide for autistic LGBTQIA+ teens, sharing experience and advice oncoming out, consent, staying safe in relationships, communicating with family members, finding a community and practicing self-care.



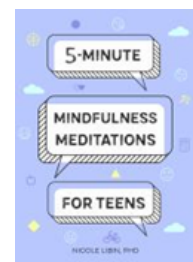
The social media workbook for teens : skills to help you balance screen time, manage stress, and take charge of your life by Saedi Bocci, Goali

Social media has dramatically changed how teens communicate--in both positive and negative ways. Unfortunately, for many teens, social media can become addictive, stressful, and even alienating. this unique and timely workbook offers practical, evidence-based skills to help teens reduce social media..



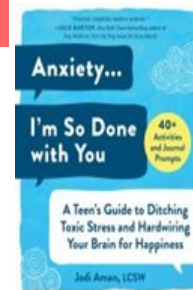
The teen kitchen : recipes we love to cook by Allen, Emily

Featured on "The Rachael Ray Show, teen stars The Kitchen Twins present a colorful and engaging cookbook with more than 75 accessible, fun, healthy, and delicious recipes for everyday cooking.



5-minute mindfulness meditations for teens by Libin, Nicole

The rollercoaster of teenage life doesn't offer a lot of moments to slow down and process your experiences. *5-Minute Mindfulness Meditations for Teens* offers easy, quick practices that allow you to harness the power of mindfulness meditation..



Anxiety...I'm so done with you : a teen's guide to ditching toxic stress and hardwiring your brain for happiness by Aman, Jodi

Are you feeling stressed out, anxious, and alone? Do you stay up at night wondering if it will all work out? If you are familiar with these feelings--and want a way out--this book is for you.