

Instant Stress Relief For Kids - Teen Edition



What Every Adult Wishes They
Had Been Taught About Stress

About Our Program

The program is divided into two books. The main book is *Instant Stress Relief For Kids*□. The second book *Instant Stress Relief For Kids—Teen Edition* is a supplement to the kids' book. The teen edition is not sold separately. Due to the conceptual level of understanding needed to comprehend the lessons we chose to keep them separate.

We also have available for teachers and counselors a complete hardcover version of both books combined, the audio motivational CD and sample stress tools are included. \$87

Upon request, for a minimal fee, the entire book (both editions) may be reproduced for distribution among patients and/or students for as little as \$4.50 per family.

The CD is available for purchase with the understanding that the parent, teacher, or guardian supervise the child/children during the lessons. (*The CD is not to be used while walking, biking or in a moving vehicle at any time. It should be used at home in a quiet setting.*)

If you are interested in purchasing the entire package please contact Cris Sorel, co-author at Karner Psychological Associates 518-456-2631 to make special arrangements.

Our website has other products that may be helpful to you and your family.

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The program is not intended to diagnose, treat or cure any disorder.

The CD is to be used only at home in a quiet setting. It should not be used while riding a bike, walking or in a motor vehicle at any time.

The instructions, techniques and advice in this kit and book are not intended as a substitute for psychological counseling. The author and publisher disclaim any responsibility or liability resulting from actions discussed or advocated herein. The program is a general guideline, not an ultimate source of information.

The materials contained in this kit are provided merely as a convenience for the consumer. The author and publisher disclaim any responsibility or liability resulting from their use.

In the interest of preserving client confidentiality, all client names and identifying information and features have been changed. Stories depicted in this book regarding counseling are a collection of typical events that occur during counseling. All photographs used herein feature models who are not actual clients and are used with permission.

This book and kit comprise a reference work based solely on the research of the author and the professionals whom she has interviewed.

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Visit our website at www.StressReliefForKids.com

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TABLE OF CONTENTS

| | |
|--|----|
| <u>7. THINKERCISES</u> | 2 |
| <i>How to Think Positively</i> | |
| • Reframing | |
| • Detaching | |
| • Distraction | |
| • Desensitization | |
| • Visualization | |
| • Performance Visualization Exercises | |
| • Let's Review | |
| | |
| <u>8. DISTORTED THINKING</u> | 12 |
| <i>How to Reject Negativity</i> | |
| • Personalization | |
| • Control Fallacies | |
| • Fairness Fallacies | |
| • Blaming | |
| • Shoulds | |
| • Perfectionism | |
| • Global Labeling | |
| • Being Right | |
| • Filtering | |
| • Polarized Thinking | |
| • Over generalizing | |
| • Mind Reading | |
| • Let's Review | |

| | |
|--|----|
| <u>9. TAKING ACTION TODAY</u> | 26 |
| <i>How to Set and Reach Goals</i> | |
| • Daily Goals | |
| • Short-Term Goals | |
| • Performance Exercises | |
| • Long-Term Goals | |
| • Modeling Life's Success | |
| • Let's Review | |
| • A Message From Cris | |
| • Final Thoughts | 43 |
| APPENDIX A | 45 |
| • Your Journal | |

7

Thinkercises How To Think Positively



THINKERCISES

Here are some powerful techniques on how to think more positively.

Reframing

This is used when you view a situation as being negative. You turn it around and look at the positive.

Let's imagine that you don't do well on a test. You feel really bad. You start the mental chatter, "I am stupid, I am a loser." When you "reframe" you say to yourself, "I have learned from my mistake of not studying last night and I will do better next time." This will help relieve your anxiety and put things in a positive light.

Your parents tell you that vacation has been canceled because there isn't enough money this year. You turn it around by thinking that this is good because there will be a lot going on in the neighborhood. All your friends are home for the vacation and you won't miss all the fun.

Imagine that you are mad at someone. Start to think about him in a positive way. Think about the times that he was thoughtful and nice to you. Try to understand that maybe something is going on in his own life, and it isn't necessarily that he is angry or trying to be mean to you.

Examples of when and how I can "reframe" are:

Detaching

When you detach, you make yourself an observer, not a participant.

You have a very good friend and she fails her driving test. She is mad and crying hysterically. She is shouting at you for something you did not do. She is just miserable. You start to feel miserable with her. Your stomach starts to hurt and you are sad. You should say to yourself: “She failed the test. I didn’t. I am feeling her pain, but I am not going to feel sick for her failure.” You should detach yourself from her problem.

Your parents are fighting and you are getting really stressed. You stop thinking about what they are saying to each other and how that makes you feel sad. You become someone who is just watching their actions and not listening to their words.

Time and time again, we see people who have had an extremely difficult experience, such as a bad car accident. They find that when they return to everyday problems, like missing an awards dinner or a dance at school, they can just brush it off. It seems less important compared to what they have been through. They have learned how to detach from their experience.

Examples of when and how I can detach are:

Distraction

This is when you focus your attention on something other than whatever is bothering you.

Try to think of two thoughts at the same time. Try harder. You can't, right? That is the basic theory behind distracting your attention. Many of the tools in the program do exactly that. When you are really anxious, stressed, worried, fearful, or angry, the best thing to do is to change your thoughts. You will feel instant relief if you start thinking about something happy or something totally different, because your mind won't let you think of two things at the same time. Try it! You can't, right?

You are with a friend who is acting like a "jerk". You pick up a ball and start throwing it in the air and counting how many times you can do it without dropping it.

Many times you will see a ballplayer perform a ritual like touching his hat, then touching his chest, then swinging the bat three times before he hits a ball. What he is doing is focusing on the ritual instead of focusing on his nervousness about hitting a home run. He is distracting his attention to something other than what he is doing.

Examples of when and how I can distract myself are:

Desensitization

When you are sensitized, something bothers you more than it should. Desensitization is when you subject yourself over and over again to whatever that might be, until it doesn't bother you any more.

If you were afraid of riding in an elevator you could practice over and over again. Eventually your fear would be reduced or eliminated. You would be start to visualize yourself riding the elevator without a problem.

You are afraid of bugs. You let a caterpillar crawl on your hand. (Do this experiment with an adult present.) The first day you can try it for a minute. Every day add more time until you can do it without any anxiety. Try to think about how it feels when it is walking on your hand. Does it tickle? Watch the way it moves. Keep saying to yourself that you will be okay and it won't hurt you.

Try this when you are nervous about taking a test. Visualize yourself taking the test and doing well over and over again. When you first start you are going to feel nervous, just as if you were in the classroom. In your visualization, see yourself taking the test and feeling very calm and then smiling at the end because you did very well.

Examples of when and how I can desensitize myself are:

Visualization is a particularly helpful Thinkercise, so we will spend extra time discussing how it can help you.

Visualization

Visualization is when you see pictures in your mind. A thought comes before every action you take. Let's see how powerful the mind is.

Have you ever seen someone tell a story about something bad that happened to them or someone that they loved? They appear to be very upset and look and act like they are reliving the experience even if it happened several years ago. Why? It is simple. Your mind cannot tell the difference between what is happening in the present from what you remember from the past. Stop and try to think of something that really upset you. Do you notice that you are starting to get very stressed and fearful again? Feel how strong your emotions are.

One of the most powerful tools you can possess is the ability to use visualization to influence your mind in a positive way. Here are a few examples of when it is used and how you can use it in your life.

When you are a counselor, you hear many stories like the one I am about to tell you. One of our therapists tells this story. A woman with a three year-old son came to see him. They went to New York City for a vacation and while getting on the subway the small child boarded the train before she did and the doors closed behind him. The mother, who was directly behind the child, panicked and immediately put her hands inside the doors, pulled them apart, and grabbed her child back to safety. When the woman came to see the therapist she remarked at how hard it was to open the doors and how she did not know where the strength came from. She said, at that moment, she never once doubted that she would be able to open the doors because she could see herself in her mind opening them and that her child would be okay.

Many patients come to us who are physically ill. We teach them to use visualization, reframing, and good positive thinking to help them through these difficult times. We will walk them through seeing the illness and then have them visualize the good cells fighting off the bad cells until they are all gone. We then have them visualize themselves totally free of their illness. Doctors tell us many times that the patients don't feel as helpless, and it makes them feel mentally powerful instead of weak. Many people's illnesses stop getting worse, without any medical explanation.

How many times have you heard an actor or an athlete say that when they were small they could see themselves receiving an academy award, performing on Broadway, or winning a medal at the Olympics and how it was very exciting to accomplish a lifelong dream? Danica Patrick was bold enough to dream such a huge dream. Danica is the first woman to ever lead in the Indianapolis 500 car race. She placed 4th. When she was interviewed she was asked if she ever imagined herself accomplishing such a thing. She said she always saw herself **winning** the race. I bet she will someday. Watch for her to win.

Now let's use visualization in a positive way to perform better. This exercise uses baseball as an example of how you can use visualization the way professionals do. You can use this whenever you would like to improve performance such as participating on the debate team, performing in a recital, getting to your personal best in a game, playing a sport, acting, dancing, singing, earning good grades or whatever you choose.

PERFORMANCE VISUALIZATION

You see yourself going to the ballpark, and you see the people in the stands. They are all laughing, talking and waiting for the game to start. You can smell the food cooking. You see yourself going up to your coach, eager to play and happy to be there. You sit on the bench and talk to your friends while you wait for the game to begin. You hear the coach say, “Let’s play ball!” You take a couple of deep breaths to relax and you feel warm all over, even down to your fingertips. You get your glove and you can smell the leather on the glove as you put it on and go out on the field. You are excited, but you are very focused on the game and not on the distractions around you. You see the batter hit the ball. It is coming at you and it is a hard hit, but you aren’t scared as you take on the challenge and look forward to the feel of the ball hitting your glove. You see the ball coming at you and you put out your glove. It hits right in the center. You can feel the heat from the ball hitting your glove. It stings a little, but it feels good. You feel relieved and excited.

Now **visualize** the next hit and you drop the ball (because you are not perfect and neither are professionals). You keep “your cool” by keeping your “thinking cap on straight,” and it pays off. You throw it to the baseman for a great play, and you hear the umpire scream, “You’re out!”

When it is your turn to hit the ball, you **visualize** the ball coming at you in slow motion. You are in position, calm and ready, your eye is on the ball at all times, you swing, and your bat hits the ball. You feel the vibration of the ball hitting the bat. You drop the bat. You see yourself looking at the sideline coach waving you to first base. You run as fast as you can, and you are fast! You are calm and in control. You see yourself running from base to base until you reach the home plate and score! Your teammates surround you and give you a “high five” for a job well done. Wow! That was fun! You see the numbers change on the scoreboard showing your team ahead because of you, and you are grateful.



PERFORMANCE VISUALIZATION EXERCISE:

- When you were reading the exercise you felt like you were really there.
- Your mind cannot tell the difference between the truth and what you are imaging.
- Use visualization to trick your mind to feel calm and in control of the situation.
- Try to identify the *Thinkercises* in the performance exercise that you have learned.
- Now it is time for you to write your own performance exercise.
- Remember to use as many of your senses as you can and have fun.



Let's Review:

Feeling stressed? Use these tools:

- Reframing (Think from another angle!)
- Detaching (Remove your emotions!)
- Distraction (Think of something else!)
- Desensitization (Don't let it get to you!)
- Visualization (Picture yourself successful!)

“TAKE ACTION TODAY!” JOURNAL

The best journal starts with what you are thankful for each day. This will lift your spirits and psych you up for the next day’s goals.

Date: _____

I am thankful for:

My score for today is: (1-10, 10 being excellent)

Reaching my goals for today _____

Controlling my feelings _____

I reached these goals today:

I need to work on these goals from yesterday:

My goals for tomorrow are:

Nice Job! Remember, you can’t fail at this, only improve. Watch your progress.