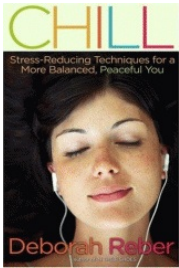


BKYLN Self Care Books for Teens

Self Care includes any actions you take to care for your physical, mental and emotional health. Self Care can be a touchy subject, because our society largely views Self Care as selfish and overly indulgent. However, that couldn't be further from the truth. Only when we first help ourselves can we effectively help others. Caring for yourself is one of the most important things you can do to improve your life and the life of those you love.

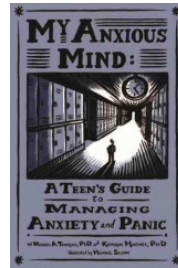
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Chill

Deborah Reber ; illustrated by Neryl Walker.

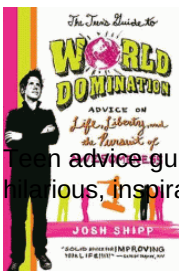
Your day starts at 6am and ends at midnight--if you're lucky. You keep up with all two hundred of your friends on Facebook. You practically invented the word "multitasking." Sound familiar? You're not alone. You are part of the most overscheduled, overprogrammed, and overwhelmed generation on the plane...



My anxious mind

by Michael A. Tompkins and Katherine A. Martinez ; illustrated by Michael Sloan.

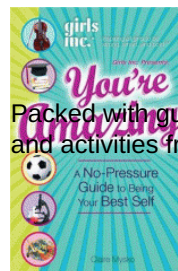
The author offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them.



The teen's guide to world domination

Josh Shipp.

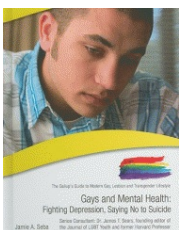
Advice guru and motivational speaker Shipp delivers a hilarious, inspirational guide for the millennial generation that covers everything from broken self-esteem to family crisis to what to do after high school.



You're amazing!

Claire Mysko.

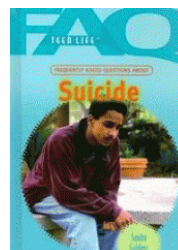
Packed with guidance from older teens, female role models, and activities from Girls Inc., this fun to read book is truly a guide to being your very best-and happiest-self.



Gays and mental health

by Jaime A. Seba.

Discusses homosexuality and mental health, focusing on issues with gender identity, problems with social norms, depression and suicide due to peer pressure and discrimination, and how to get help.



Frequently asked questions about suicide

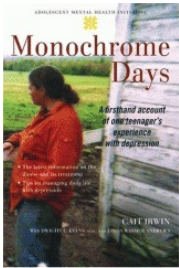
Sandra Giddens.

Discusses teenage suicide, including why some teens feel suicidal and how suicidal thoughts can be prevented and treated through psychotherapy and healthy living.

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Monochrome days

Cait Irwin with Dwight L. Evans and Linda Wasmer Andrews.

The author shares her experiences with childhood depression, explains what is currently known about major depression in adolescents, and offers tips on how to deal with depression both at home and at school.

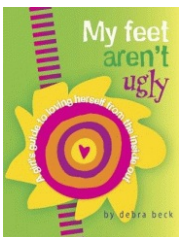


Frequently asked questions about sleep and sleep deprivation

Judy Monroe Peterson.

Describes the importance of sleep and its effects on the body, including common sleeping disorders, why some people do not get enough sleep, and medical aids for

sleeping.

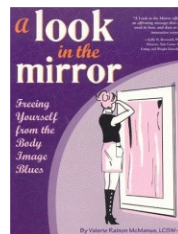


My feet aren't ugly

by Debra Beck ; illustrations by Maggie Anthony.

Do you ever feel bad about yourself or have trouble being yourself while still fitting in? Do you have tough questions you are afraid to ask? This funny, honest book, provides personal stories, quizzes,

journaling exercises, and thoughts from teens themselves to help you develop your self-confidence....



A look in the mirror

Valerie Rainon McManus.

This hands-on workbook on a hot topic shows girls how to sift through the powerful messages that society and the media send them about women's bodies and being feminine. It encourages them to

let go of unrealistic standards of perfection and cultivate a positive self-image based on who they are not h...