Books & Journals- On Stress

**Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World (Paperback)**

**By** [**Kristen Race, PhD**](http://www.steamboatbooks.com/search/apachesolr_search/?author_filter=Race%2C+Kristen+%2C+PhD)

**Teenagers and Stress: Selected full-text books and articles**

Stress Management Programme for Secondary School Students   
**Sarah McNamara.**  
Routledge Falmer, 2001

**Stress, Self-Esteem, Hope, Optimism, and Well-Being in Urban, Ethnic Minority Adolescents**   
**Vacek, Kimberly R.; Coyle, Laura D.; Vera, Elizabeth M.**  
Journal of Multicultural Counseling and Development, Vol. 38, No. 2, April 2010

PEER-REVIEWED PERIODICAL

**Sleep and Parent-Family Connectedness: Links, Relationships and Implications for Adolescent Depression**   
**Mueller, Christian E.; Bridges, Sara K.; Goddard, Michelle S.**  
Journal of Family Studies, Vol. 17, No. 1, April 2011

**Stress, Self-Esteem, and Suicidal Ideation in Late Adolescents   
Wilburn, Victor R.; Smith, Delores E.**  
Adolescence, Vol. 40, No. 157, Spring 2005

**Social Self-Efficacy and Interpersonal Stress in Adolescence   
Matsushima, Rumi; Shiomi, Kunio.**  
Social Behavior and Personality: an international journal, Vol. 31, No. 4, January 1, 2003

**Partnerships in Preventing Adolescent Stress: Increasing Self-Esteem, Coping, and Support through Effective Counseling**   
**Hall, Alex S.; Torres, Ivelisse.**  
Journal of Mental Health Counseling, Vol. 24, No. 2, April 2002

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**Arenas of Comfort in Adolescence: A Study of Adjustment in Context**   
**Kathleen Thiede Call; Jeylan T. Mortimer.**  
Lawrence Erlbaum Associates, 2001

***Librarian’s tip:*** Chap. 5 "Arenas of Comfort as Stress Moderators"

**Stress, Coping, and Resiliency in Children and Families   
E. Mavis Hetherington; Elaine A. Blechman.**  
Lawrence Erlbaum Associates, 1996

***Librarian’s tip:*** Chap. 2 "Stress, Parenting, and Adolescent Psychopathology in Nondivorced and Stepfamilies: A Within-Family Perspective"

**The Hurried Child: Growing Up Too Fast Too Soon**   
**David Elkind.**  
Perseus Publishing, 1988 (Revised edition)

***Librarian’s tip:*** Part II "Hurried Children: Stressed Children"

**Stress, Coping, and Relationships in Adolescence   
Inge Seiffge-Krenke.**  
Lawrence Erlbaum Associates, 1995

**Adolescents' Health: A Developmental Perspective   
Inge Seiffge-Krenke.**  
Lawrence Erlbaum Associates, 1998

***Librarian’s tip:*** Chap. 5 "The Links between Stress and Health"

**Soothing and Stress   
Michael Lewis; Douglas Ramsay.**  
Lawrence Erlbaum Associates, 1999

***Librarian’s tip:*** Chap. 11 "Getting Specific about Coping: Effortful and Involuntary Responses to Stress in Development"

**Fighting Invisible Tigers: A Stress Management Guide for Teens**

by Earl Hipp

**Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder** Paperback – April 22, 2008

by Richard Louv (Author)

## Links on Stress In Children

1. [Teens feeling stressed, and many not managing it well](http://www.usatoday.com/story/news/nation/2014/02/11/stress-teens-psychological/5266739/)

*www.usatoday.com/story/news/nation/.../****stress****.../5266739/*

1. [Are We Stressing Out Our Kids? - Stress management ...](http://www.greatschools.org/parenting/teaching-values/645-stressed-out-kids.gs)

*www.greatschools.org › ... › Emotional Well-Being*

1. [What Kids Say About: Handling Stress - KidsHealth](http://kidshealth.org/parent/emotions/feelings/kids_stress.html)

*kidshealth.org › Parents › Emotions & Behavior*

1. [SCHOOL CAN BE STRESSFUL FOR KIDS - Greene ...](http://www.greenepublishing.com/school-can-be-stressful-for-kids/)

*www.greenepublishing.com/****school****-can-be-****stressful-for-kids****/*

1. [High School Stress - Huffington Post](http://www.huffingtonpost.com/news/high-school-stress/)

[*www.huffingtonpost.com/news/high-****school****-****stress****/*](http://www.huffingtonpost.com/news/high-school-stress/)