

CHILL

Stress-Reducing Techniques for a
More Balanced, Peaceful You



Deborah Reber

author of IN THEIR SHOES

Chill Stress Reducing Techniques For A More Balanced Peaceful You

Laurie Ann Thompson



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Chill Deborah Reber,2015-01-20 Gives teens the insight and tools they need to manage the pressures of everyday life by offering expert advice and practical stress reducing techniques including time management visualization and exercise

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Cooler Than Fiction Jill S. Jarrell,Tara C. Cannon,2014-01-10 Designed for public librarians school media specialists teachers and anyone with an interest in supporting teen literacy this book features 133 nonfiction booktalks to use with both voracious and reluctant teen readers These booktalks cover a wide and varied range of nonfiction genres including science nature history biography graphic novels true crime art and much more Each includes a set of discussion questions and sample project ideas which could be easily expanded into a classroom lesson plan or full library program Also included are several guidelines for classroom integration tips for making booktalks more interactive and interesting and selections for further reading

Dealing With Stress Lisa A. Wroble,2011-07-01 Readers will learn about the causes of stress how stress affects the body and how to manage stress

Literacy and Reading Programmes for Children and Young People: Case Studies from Around the Globe Patrick Lo,Stephanie H. S. Wu,Andrew J. Stark,Bradley Allard,2022-01-26

Literacy and Reading Programmes for Children and Young People Case Studies from Around the Globe presents interviews with over 40 librarians from around the world who tell of their library programs The volumes are arranged geographically with Volume 1 offering interviews from library professionals from the USA and Europe and with Volume 2 sharing programs from Asia Africa Australia and the Middle East The volumes highlight the diversity of the types of programs catering to the varying needs of children and young adults throughout the world Case studies featured in this book outline the details of programs events and activities provided by over 40 organizations in the context of social capital and social inclusion Each interview chapter discusses the contributions made to literacy development and community building of children and teens With the many variations and examples of best practice librarians and educators can glean new ideas for their own programs The interviews reveal the challenges and issues faced and the work being achieved in vastly different environments in many geographic areas and in diverse economic social and cultural contexts The programs include those of national and state libraries public libraries and mobile libraries carried out by public libraries NGOs and commercial organizations in both developed and developing countries They also feature programs of multicultural libraries libraries for indigenous people and libraries for refugees This publication complements the range of initiatives and activities carried out by IFLA's Libraries for Children and Young Adults Section that supports library services and reading promotion initiatives catering to children and young adults around the world These volumes are rich in variety and will provide much food for thought for creating unique and successful library programs

Helping Those Experiencing Loss Robert J. Grover Professor Emeritus,Susan G. Fowler,2011-07-13 This book provides a guide for grieving youth and adults as well as extensive

descriptive lists of recommended professional literature resources Grief caused by loss is both a very common human experience and a highly individualized one For example children experience a number of losses that are unique to their young age such as sibling and parent death adoption or divorce and should be given special consideration by professionals and parents helping them in these situations For gay lesbian or cohabiting heterosexual couples that suffer the loss of a partner societal standards often deny the survivors in these relationships the right to grieve Helping Those Experiencing Loss A Guide to Grieving Resources is a book like no other supplying compassionate information for navigating the emotional distress that every man and woman will experience in their lifetime as well as a comprehensive guide to the literature of bereavement and grieving It explains the grieving process interpreting the results of research on the topic in plain language and addressing specific groups children young adults parents who have lost a child adults who have lost spouses and the aging population

Under Pressure Tanya Lloyd Kyi, 2019-09-03 A scientific exploration of stress Adolescents are no strangers to stress Now they can learn the science behind that sweaty heart racing under pressure feeling This book covers the fight or flight reaction to danger how people cope with chronic stress how trauma can affect the brain the ways athletes put pressure to work and the surprising treatments scientists have found to manage stress in everyday life It s a perfect primer for young people on what normal stress is and isn t and how to deal with it either way Dealing with stress can be tough Learning the facts about it can make it manageable

Serving Teen Parents Ellin Klor, Sarah Nordhausen, 2011-09-12 A comprehensive guide to working with teen parents and their children that provides practical program ideas for successful school and public library program development implementation and evaluation Teen parents and their children represent an underserved high need population in many communities Libraries have the potential to significantly influence the quality of life for teen parent families by providing free access to information and resources developing specific programs and serving as a safe public learning environment Serving Teen Parents From Literacy to Life Skills helps library staff support teen parents as their children s first teachers positively affecting two generations at once The authors explain how to successfully communicate with this group and build upon their competencies and strengths They offer best practices professional anecdotes and step by step direction on connecting with teen parents collaborating with community partners locating funding options and implementing successful programs This invaluable guide is the most comprehensive resource currently available that directly addresses the needs of librarians serving the teen parent demographic

Be a Changemaker Laurie Ann Thompson, 2014-09-16 Introduces ideas examples and tips for young adults on creating groups and small companies that promote change and supporting different causes such as environmental causes saving species and more

Chill , 2008-04-01

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