

Resource List for Stress

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9-12. Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life (41 pages)

Feeling Worried. Kay Barnham. (2017)

Elementary. Uses humor and compassion to show children how to help others—and themselves—feel better when dealing with challenging emotions.

Fighting Invisible Tigers: A Stress Management Guide for Teens. Earl Hipp (1995)

Ages 11 and up. Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. (144 pages)

Making It Better: Activities for Children Living in a Stressful World. Barbara Oehlberg (1996)

Ages 3-10. Offers information about the physical and emotional effects of today's stresses, trauma, and violence on children. (133 pages)

Stress Can Really Get On Your Nerves! Trevor Romain & Elizabeth Verdick (2000)

Ages 8-13. Uses silly jokes and light-hearted cartoons along with serious advice to help readers recognize the causes of stress and its effects and learn how to handle worry, anxiety, and stress (96 pages)

Take a Deep Breath: A Kids Play-Away Stress Book. Laura Slap-Shelton, PsyD & Lawrence Shapiro, PhD (1992)

Ages 4-10. Teaches children how to deal with stress with fun activities, funny illustrations and checklists (83 pages)

Totally Chill, My Complete Guide to Staying Cool: A Stress Management Workbook for Kids with Social, Emotional, or Sensory Sensitivities. Christopher Lynch, PhD. (2012)

Stress management workbook that is meant to be read, completed, and used as much as possible by children themselves. Its fun graphics and interactive style make it ideal for children grades 3 through middle school.