



RELAX

OVERVIEW

RELAX.calm is a practical handbook for mental health professionals, teachers, counselors and parents who believe in the importance of empowering adolescents to become a part of their own emotional growth. Specific strategies for helping teens equip themselves with self-soothing techniques and problem resolving response sets will be outlined and explained in depth. This book is intended not only for professionals and parents, but also the adolescent who is looking for ways to reduce the painful feelings that can result from being anxious and stressed. Teens who are interested in improving their athletic, musical or school performance will also benefit from these techniques.

Chapters 1 through 3 in Part I and the *RELAX.calm* Facilitator's Guide section of Part II was written by Dr. Roger Klein, who has over 40 years of experience working with adolescents. Dr. Klein's work as a high school teacher, coach, school psychologist and clinical psychologist, along with having parented two teens, has provided a unique window of understanding and insight into how to help adolescents. Dr. Klein also wrote the progressive muscle relaxation scripts and test preparation scripts. All of the remaining scripts in Part II were written by Jeff Allen, M.A.. Jeff's years of experience as a teacher and writer help bring to life scripts that enable teens to connect with or develop healthy assets essential for emotional growth.

Chapter 1 provides an explanation as to why so many of our teens are suffering from the crippling effects of stress. The stress of their lives leads many of them to seek relief through substances

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and risky behaviors while others suffer from more internalizing disorders like anxiety and depression.

Chapter 2 outlines a variety of easily used relaxation techniques including muscle relaxation, imagery and music. The role of positive self-talk techniques is also explored.

Chapter 3 provides a framework for using the intervention techniques discussed in a variety of settings including home, school and clinic. Several detailed case histories are also discussed.

RELAX.calm—Facilitator’s Guide explains how to use the *RELAX.calm* scripts as a treatment intervention or self-help tool.