

Nurturing the Mental Health of Youth Resources

Are, T. (2021). **Joy even on Your worst days: Wisdom from Philippians**. Resource Publications.

*Bible Study resource.

Banyes, S. (2022). **The little book of silver linings: Find the joy hidden in the toughest times**.

Castle Point Books. *a resource to give children and younger youth that are struggling. Great tools for everyday in a pretty book. Keep a few in your office.

Bowler, K. (2024). **Have a beautiful, Terrible Day!** Convergent. *Beautiful gift for seniors, youth leaders. Prayers and reflections on not great days.

Chödrön, P. (2016). **When things fall apart: Heart advice for difficult times**. Shambhala.

*Good book study.

Greenland, S. K., & Harris, A. (2017). **Mindful games activity cards: 55 fun ways to share mindfulness with kids and teens**. Shambhala. *Great resource to have on hand to integrate tools into church programs and weekly events.

Gruzewski, K. (2020). **Therapy games for teens: 150 activities to improve self-esteem, communication, and coping skills**. Rockridge Press. *Practical tools.

Harris, D. (2018). **Meditation for fidgety skeptics: A 10% happier how-to book**. Spiegel & Grau.

*Meditations that are basic and easy to integrate into daily life with information about why this is helpful for human thriving.

Hutcherson, W., & Williams, C. (2021). **Seen: Healing despair and anxiety in kids and teens through the power of connection.** Parent Cue. *Basic Understanding and very practical tools.

Miller, L., & Barker, T. (2016). **The spiritual child: The new science on parenting for health and lifelong thriving.** Picador/St. Martin's Press. *One of the best resources for parents and parenting. Integrates faith and science.

Roman, C. P., & Albertson-Wren, J. R. (2018). **Mindfulness for kids: 30 fun activities to stay calm, happy & in control.** Althea Press. *Easy tools to integrate into programs.

*Soul Shop for Youth Workers (Suicide Awareness): www.soulshopmovement.org *Expensive but worth bringing in speakers for education about suicide.*

Vo, D. X. (2015). **The mindful teen: Powerful skills to help you handle stress one moment at a time.** Instant Help Books. *Practical Meditations and Skills

Walker-Barnes, C. (2023). **Sacred self-care: Daily practices for nurturing our whole selves.** HarperOne, an imprint of HarperCollinsPublishers. *Good resource for you!

Wiens, S. (2020). **Shining like the sun: Seven mindful practices for rekindling your faith.** Fortress Press. *Connecting Mindfulness and faith.

Mental health First Aid: There are several places you can use to educate your leaders. Check with your state. First Aid sessions tend to be 8 -10 hours.