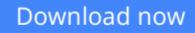


Starving the Stress Gremlin: A Cognitive Behavioural Therapy Workbook on Stress Management for Young People (Gremlin and Thief CBT Workbooks)

Kate Collins-Donnelly



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Watch out for the Stress Gremlin – he loves to feed on your stress, and as he gets bigger and bolder, you get more and more stressed! How can he be stopped? Don't give him any more stress to eat, and watch him and your stress disappear!

Starving the Stress Gremlin shows young people how they can manage their stress levels through a range of effective techniques based on cognitive behavioural principles. Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions, allowing young people to understand why they get stressed, the effects of stress and how to 'starve' their Stress Gremlin!

This informative workbook is easy to read and fun for a young person aged 10+ to complete either on their own or with the help of a parent or practitioner. It is also a valuable stress management resource for those working with young people, including mental health practitioners, youth workers, social workers and education sector staff.

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