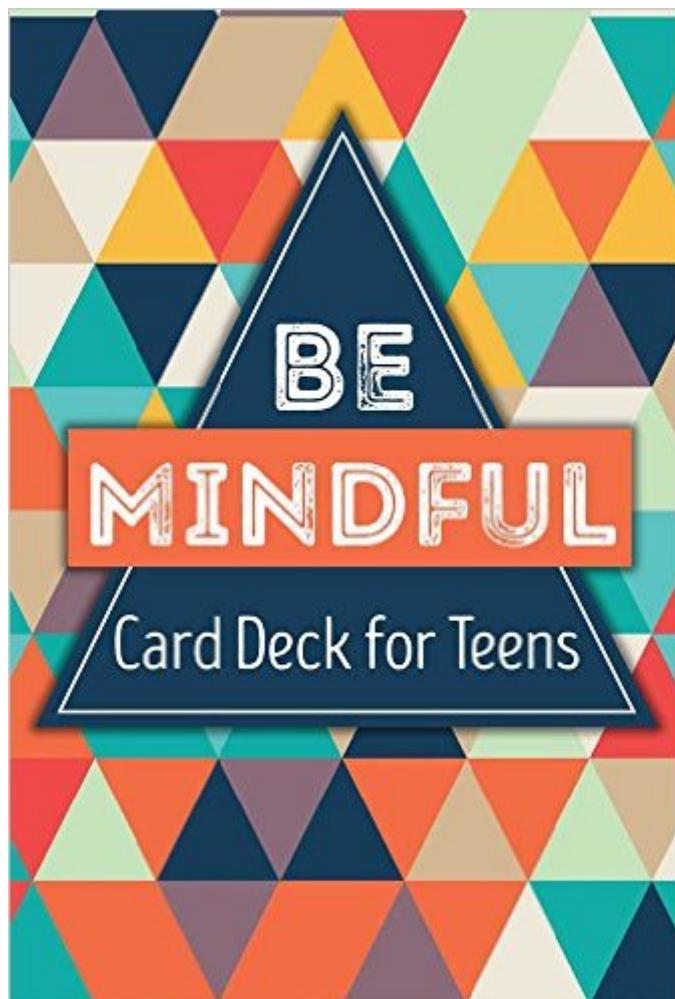


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# Be Mindful Card Deck For Teens



## **Synopsis**

Reduce Stress, Improve Self-Care and Find Focus Be Mindful cards offer you 50 ways to be present to your life as it is actually taking place. These cards help you be in the here and now with less thinking about the past or worrying about the future. You can use these daily mindfulness strategies when you're feeling anxious, moody, angry, or just need to relax. Perfect to manage your everyday stressors: School demands, worry, sadness, problems with relationships and difficulties paying attention and focusing.

## **Book Information**

Cards: 58 pages

Publisher: PESI Publishing & Media; Box Rfc Cr edition (March 1, 2016)

Language: English

ISBN-10: 155957058X

ISBN-13: 978-1559570589

Product Dimensions: 0.8 x 3.2 x 5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #11,803 in Books (See Top 100 in Books) #10 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology #52 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #101 inÂ Books > Self-Help > Self-Esteem

## **Customer Reviews**

Be Mindful cards are a wonderful mindfulness tool for teens and for adults. The author has over ten years experience working with teens to help them deal with stress, anxiety, depression, self-harm, and more. Teens can use these cards as part of their own exploration with mindfulness practice. Each card is a reminder, an affirmation, a question, or an exercise to help you pause, become aware of your senses, your thoughts, your emotions, your surroundings. Each pause gives you time to access your own true wisdom before you act. I am a mindfulness and meditation teacher, and I recommend these cards to teens and adults.

I have been involved in the mindfulness in education movement since 2007. Gina's cards are awesome, they are clever, look good, color coded for topics; self-care, senses, & considering how one might want to respond; they could be a life saver for an anxious kid. The pack of cards could easily be kept in a backpack and a kid at school who could be experiencing anxiety could pull out

one of the cards and get back into the present moment, dispelling that anxiety. All of us need to be reminded to get out of our heads and into the moment and these cards are a great reminder of how to do so. I could even see a group of friends getting into them together as a game. I love that they can take adolescents away from their phones/screens. Can't think of a better graduation present from middle school, high school or even college! You might even give them to your elementary school graduate as a preventative measure to help stave off that middle school angst.

I am a licensed therapist who has worked with youth for over 30 years; teen stress has always been a clinical issue and I appreciate tools that bring creativity & flexibility to my work. Ms. Biegel's Be Mindful Card Deck for Teens is such a tool! The deck has attractive graphics that are not over done, yet not too simple & do not employ cartoonish figures (an annoyance I find in some products for teens). They are divided into four helpful sections by color that focus on a different part of a teens' life such as self care, and are labeled with easy to remember names using clever acronyms. Although the cards are designed to be used individually by the teens, I find that the application can be quite flexible & that they lend themselves to creative uses. I have been using them in sessions with teens to introduce Mindfulness practices, there is one card with a very nice & brief description of Mindfulness which is perfect for teens who find anything more than that to be a lecture. I have also successfully used the cards as part of ongoing treatment for those with anxiety. In addition, I am looking forward to trying the cards out interactively between teens in a social skills group. Ms. Biegel's Be Mindful Card Deck has been well received by the teens I work with & I am looking forward to finding even more creative ways to use it.

Works great! Arrived as described and fast. Their are many cards. They have three Categories which I would describe as: Self-Care, using senses and mindfulness techniques, and thinking patterns.**FOR THOSE STRUGGLING WITH MENTAL ILLNESS:** I think this would be a an amazing tool for those struggling with mental illness who are looking for some resources, or help, regardless if you are in mental health therapy, or are not. If it were me: I would go through all the cards when they arrive. Then maybe take a small amount of cards/card a week and focus on it during that week. I think for someone in a crisis, they could be helpful, especially to gain a crash course in coping skills, or ideas to manage emotions during a crisis.**PROVIDERS:** I provide mental health therapy to kids and teenagers in a school setting. These are easy to transport, give lots of great ideas, and I think the design on them makes teens more comfortable about learning DBT, therapy, and decreasing stigma with DBT, and therapy. I would say if you have extra money, and you want

something creative and fun: go for it. BUT..... It is mindfulness/DBT, so it is not new or exclusive information. You could easily make your own if you have knowledge/training with mindfulness. With therapy, it would be easier to use a workbook. They are large cards, but they have minimal writing on them. With the minimal writing, there are no pictures, or anything else filling up the rest of the card.

After reading through the Mindful Card Deck for Teens, I realized the cards could be useful to any age group. In my profession as an addictions professional, I find the cards useful for my clients. So much of the foibles of life can be addressed using mindfulness. Brilliant idea, Gina!!Love the presentation graphics and acronyms as well.

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