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# Bethel Olentangy

## Psychological Services

(phone) 614.451.6606  
(fax) 614.451.2923

An association of independent practitioners

### Stress Management

- For Children and Teens:
- Adderholdt-Elliott, M. & Goldberg, J. (1999). Perfectionism: What's Bad About Being Too Good. (10 years and older)
- Hipp, E. (1995) Fighting Invisible Tigers: A Stress Management Guide for Teens.
- Romain, T. & Verdick, E. (2000). Stress Can Really Get on Your Nerves! (9 years and older)
- Williams, M. (1996). Cool Cats, Calm Kids: Relaxation and Stress Management for Young People. (9-12 years)

### For Adults

- Allen, J. & Klein, R. (1997). Ready, Set, Relax: A research-Based Program of Relaxation, Learning and Self-Esteem for Children. (for parents to help their children)
- Davis, M. Robbins Eschelman, E., & McKay, M. (1995). The Relaxation and Stress Reduction Workbook. (for adults)
- Kabat-Zinn, J. (1994). Wherever You Go, There You Are. (for adults)
- Madders, J. (1997). The Stress and Relaxation Handbook: A Practical Guide to Self-Help Techniques. (for adults but also has exercises for children)