

Stress Management Resources

- Spark - a book by John Ratey about the connection of exercise to stress
- Ken Ginsburg - his work, but specifically the book "Guiding Adolescents to Use Healthy Strategies to Manage Stress"
- Kelly McGonigal's TED talk
- Laurie Lietch: <https://www.thresholdglobalworks.com/pdfs/nervous-system-and-resilience.pdf> <https://www.thresholdglobalworks.com/pdfs/nervous-system-and-resilience.pdf>
- NT Library page - stress: [LibGuides: Stress Management: Stress Relief](http://newtrier.libguides.com/Stress) <http://newtrier.libguides.com/Stress>
- The Mindful Teen - book by [Dzung X. Vo](#)
- App - Calm
- Super Better by Jane McGonigal (Kelly McGonigal's sister) is a book. She also has an app "Live Gamefully" and a TED talk.
- Charley referenced the Tribune article about Naperville North: ['It was the worst semester of my life': Naperville students confide about anxiety, academic pressure](#)
- "It takes a suburb": [It Takes a Suburb: A Town Struggles to Ease Student Stress](https://www.nytimes.com/2017/04/05/education/edlife/overachievers-student-stress-in-high-school-.html? r=1) <https://www.nytimes.com/2017/04/05/education/edlife/overachievers-student-stress-in-high-school-.html? r=1>