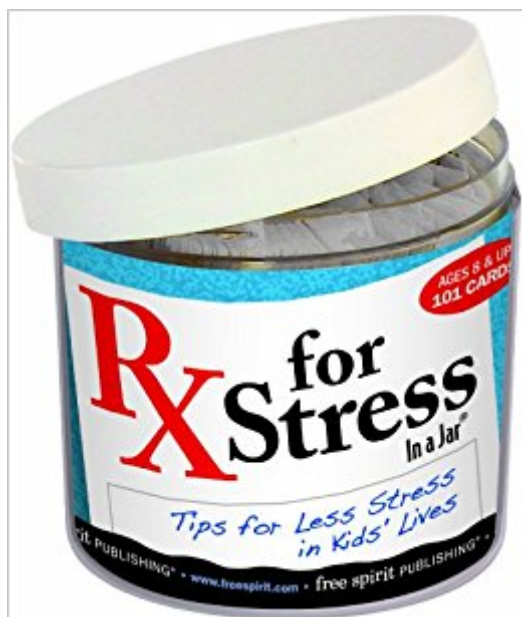


The book was found

Rx For Stress In A Jar[®]: Tips For Less Stress In Your Life



Synopsis

Ideas and activities you can use to deal with the stress you are feeling about friends, school, or things happening at home. Ages 8 & up, 101 cards, 3" recyclable plastic screwtop jar.

Book Information

Series: In a Jar™

Cards

Publisher: Free Spirit Publishing; Crds edition (September 30, 2010)

Language: English

ISBN-10: 1575423588

ISBN-13: 978-1575423586

Product Dimensions: 3.2 x 3.5 x 3.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 23 customer reviews

Best Sellers Rank: #347,179 in Books (See Top 100 in Books) #104 in Books > Teens > Hobbies & Games > Games & Activities #319 in Books > Teens > Personal Health

Customer Reviews

Based in Minneapolis, Minnesota, Free Spirit Publishing is known for its unique understanding of what kids want (and need) to navigate life successfully. Free Spirit's reputation as a leading publisher of Self-Help for Kids(tm) and Self-Help for Teens(tm) is grounded in books and other learning materials that are practical, positive, pro-kid, and solution focused.

This is probably my most-used therapy tool I have right now. It has been great in individual, group, and family sessions with clients of all ages. One technique I like to use is pulling out specific cards as I meet with an individual without drawing attention to them. At the end I will show the cards I pulled which are all the skills that I noticed that client using in that session (there is always at least one because one card is "meet with a counselor"). The kids are really into them and it starts lots of good discussion.

The other reviews mentioned how useful the cards are for an adult population. The jar reads "for less stress in kid's lives". The statements on the cards may be good for middle school-aged children. Older children and adults will see this as being stupid. Don't waste your money.

Love these jars. They are great for guidance activities or individual counseling. I love to have them around as an ice breaker as well.

Stress RX are great for rehab work with my clients. I would definitely recommend this for Mental Health/Counseling Agency work.

Great for older kids and adults. Most of my clients will pick and choose what card relates to their lives. Great ice breaker tool as well

Such a great way to help your kids to find alternatives to acting out when emotions are overwhelming them.

Great way to prompt kids to talk. I wouldn't recommend it all time because kids tend to shy away from it.

Purchased for counselors working with students. Wonderful item!

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