

**M**EANWHILE IN MAX'S MIND...

MAX IS PRETTY ANGRY. HOW CAN WE HELP HIM TURN HIS FRUSTRATION INTO SOMETHING POSITIVE?

MAYBE HE DOESN'T HAVE TO BLAME OR ACCUSE ANYONE. HE CAN CONTROL THE WAY HE ACTS. MAYBE HE CAN SEE THE OTHER SIDE OF THE STORY.



The workbook has graphic-novel style illustrations.

## About Us

Since 1937, Recovery International has helped adults achieve better mental health using a self-help method based on cognitive behavioral techniques.

Developed by neuropsychiatrist Dr. Abraham Low, this method helps people manage their thoughts and control their impulses to better deal with upsetting events. With offices in Chicago and San Diego, hundreds of weekly support meetings are held via Zoom, telephone and in-person in the United States, Puerto Rico, Canada and Ireland.



For more information:

**PowerYourMind.org**

**info@poweryourmind.org**

312-337-5661

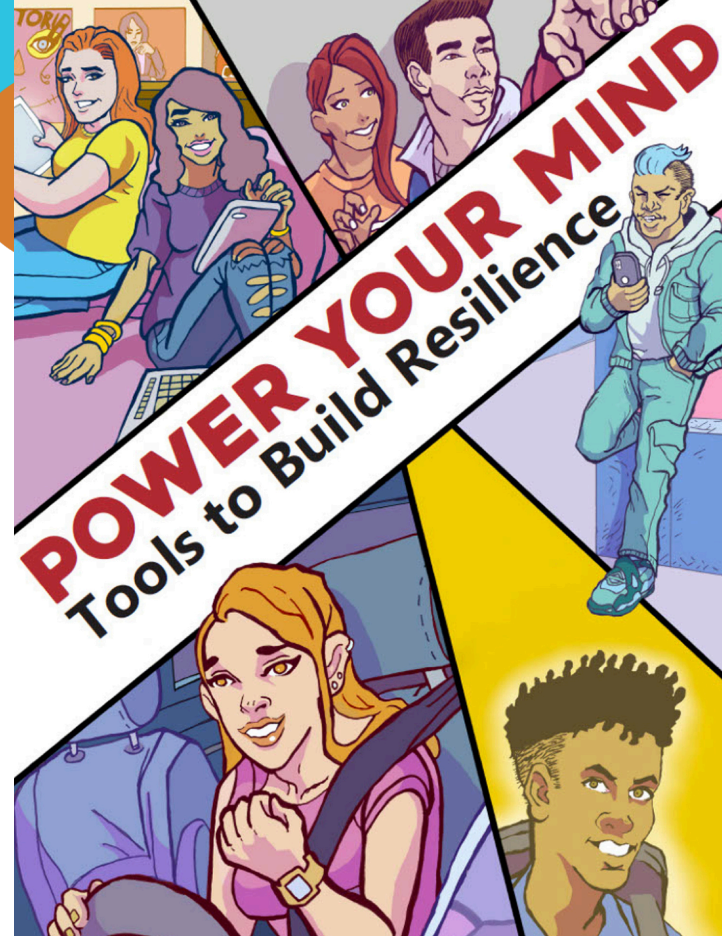


**RecoveryInternational.org**

1415 W. 22nd St. Tower Floor

Oak Brook, IL 60523

© 2026 Recovery International



## Anxiety doing its thing again?

A Self-Help Program for  
Teens and Young Adults



**Power Your Mind: Tools to Build Resilience** is a program to help young adults develop life coping skills to better handle the everyday stressors that work them up. The book illustrates common situations and how tools can help manage those events. The program offers life skills to:

- control anger
- reduce anxiety
- develop and maintain peaceful relationships at home, school or work.



## Tools to Try

### Stuck in negative thinking?

You can accept or reject thoughts that come to you. Break free from the negative cycle and look for something positive you've done or can see in the situation and focus on that.

### Feel overwhelmed by expectations?

To avoid disappointments, keep your expectations realistic. The pressure from others is outside of your control. Focus on what you can control instead.

### Replay conversations in your head?

If you can't change a situation, you can change your attitude toward it. No one can control the past but you can control decisions you make going forward.



### Struggle with anxiety before a big test?

When feeling overwhelmed, do things in part acts. Studying for tests can be overwhelming, but breaking it into smaller steps such as shorter study times over several days can make it manageable.

### Classmates or co-workers annoy you?

People do things that annoy us, not necessarily to annoy us. We can't control what others do or say but we can control our reaction to it.

Take charge of your emotional health with tools for anxiety, depression, fear and anger.



The **Power Your Mind** workbook can be used individually or as part of a group workshop.

Teachers, counselors, youth or faith-based groups, after-school groups, home-schooled groups or others wishing to conduct a guided workshop, may learn more by contacting [info@recoveryinternational.org](mailto:info@recoveryinternational.org) or calling **312-337-5661**.

*"Since using this program, I no longer fear standing in front of a group to give a presentation. I've learned tools to overcome that anxiety."*

*Chloe S., IL*