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New Anti-Stress Program Serves Youth

Power Your Mind: Tools to Build Resilience, a new workbook that uses graphic novel panels to illustrate stressful situations and healthy ways of coping, has been released by Recovery International (RI) to help teens and emerging adults deal with feelings of anxiety, anger, or depression.

“Being a teenager can be tough,” says, Sandra Wilcoxon, CEO of Recovery International, “and the added stress of COVID-19 is creating high levels of anxiety among youth.” A recent survey of 3,300 young people aged 13-19 conducted by the America's Promise Alliance found that more than "1 in 4 young people reported an increase in losing sleep because of worry, feeling unhappy or depressed, feeling constantly under strain, or experiencing a loss of confidence in themselves.”

“With the current pandemic putting additional strain on young people, we felt it was urgent to update our program in an engaging way, using comics,” Wilcoxon explains.

The book is designed to function as an independent, self-help tool or as part of a group workshop. The program concepts are delivered by illustrating relatable situations from excerpts of the book *Mental Health Through Will Training* by Abraham Low, M.D. The *Power Your Mind* workbook is available for purchase through Amazon and the Recovery International bookstore. The *Power Your Mind* Facilitator Guide is available for peer leaders, youth group leaders, and other professionals. An associated website allows participants to access more in-depth content information and resources to further their wellness journey. For more information about the new youth program, email info@poweryourmind.org or visit www.poweryourmind.org. Review copies available upon request.

For more than 80 years, Recovery International (RI) has been helping adults achieve better mental health using a peer-led, cognitive behavioral, 4-step method and tools developed by neuropsychiatrist Dr. Abraham Low. *Power Your Mind* uses this evidence-based program to

teach young people ways to cope with stress in the time of COVID and beyond. For more information about Recovery International, visit www.recoveryinternational.org.