

KID CONFIDENT

#2



HOW TO MASTER YOUR MOOD IN MIDDLE SCHOOL



by Lenka Glassman, PsyD • illustrated by DeAndra Hodge

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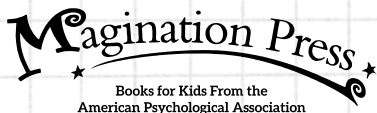
How to Master Your Mood in Middle School



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Emma—my baby girl, thank you for being such a happy, loving, spunky, strong, and sparkling human. I love you beyond words, no matter what. And to my amazing, brave, resilient, smart, capable, and insightful clients—thank you for inspiring and challenging me every day. It is such an honor to be a part of your journeys—LG

To my mom and big brother for their love and support—DH



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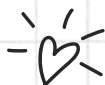
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DEAR READER (DON'T SKIP THIS!)

It's likely that you've heard the words "mood" and "emotion" before, and you probably recognize what it's like to feel happy, comfortable, and joyful, or down, angry, and frustrated. You may even know the external situations, people, and events that have the power to create these emotional experiences inside of you. When you're in a positive mood, you feel great, and life seems easy, hopeful, and fun. When you're in a bad mood, everything can feel awful, and life seems hopeless and so hard.

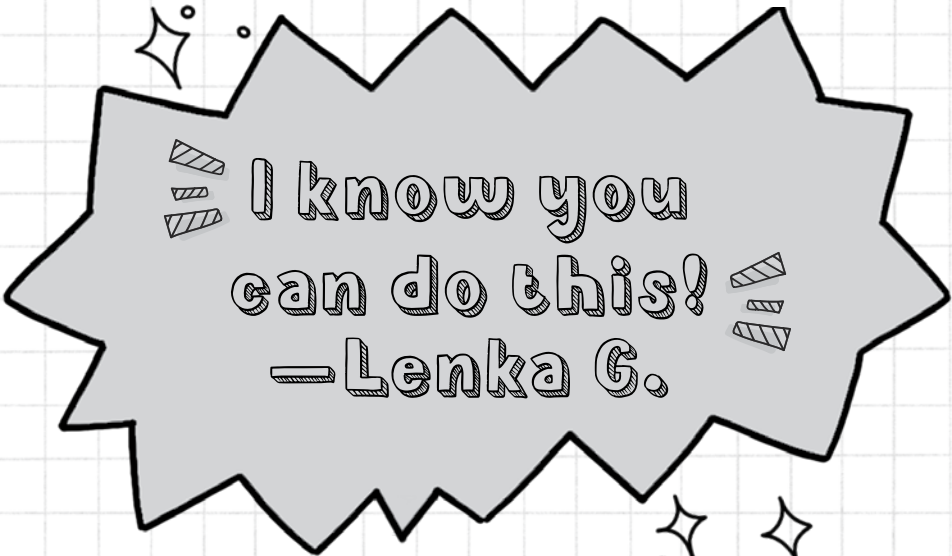
With so much going on in your life, between friends, academic stress, family drama, and all the transitions that happen at your age (personal life, school, and even changes in your body), it's easy to feel like you have no control over your mood and emotions. The truth is, you have a lot more power inside of you than you can imagine. You can take control in a way that leaves you feeling balanced and empowered no matter what life throws your

way. When you learn strategies to shift your internal experience, you'll feel even better when things are going well in your life. More importantly though, when you learn to **MASTER YOUR MOOD**, you'll feel balanced, strong, steady, and confident, even when things in your life are really hard and nothing is going your way.

- Imagine what it would be like to face the challenges in your life head on and with a sense of confidence and grace.
- Imagine if you could turn around a recent stressful situation and actually feel a sense of peace about it!
- Imagine what it would be like to experience positive accomplishments, events, and relationships with even more excitement, instead of waiting for the "other shoe to drop."

Sounds amazing right? It may seem out of reach right now, but trust me, anyone can master these skills and find their zen, **EVEN YOU!** I bet that as a middle schooler, you are familiar, even too familiar, with bad moods and difficult emotions. I wrote this book specifically for YOU! Middle school life is full

of changes, surprises, curve balls, and challenges. If you've been feeling overwhelmed by the drama, harshness, and intense emotions, you're not alone. This book will give you the power to get through it all and land on your feet. By the end of this book, you will learn just how to manage your mood and emotions, and trust me, you will feel **UNSTOPPABLE**.



≡ I know you
can do this! ≡
—Lenka G.

The speech bubble is a gray, multi-pointed star shape with a thick black outline. Inside, the text is written in a bold, hand-drawn, outlined font. There are decorative elements: three small stars and dots in the top left corner, and three small stars and dots in the bottom right corner. On either side of the text, there are three horizontal lines with diagonal hatching, resembling stylized exclamation marks or decorative dividers.

WHAT'S
INSIDE?