

Recommended Book Corner for Website

**Book Recommendation: *The Anxious Generation***

**By Jonathan Haidt**

I recently read *The Anxious Generation*, and I can't recommend it highly enough. This book provides valuable insights into the increasing levels of anxiety seen in children and adolescents today, shedding light on the societal, technological, and familial factors that contribute to this phenomenon.

One of the highlights of the book is its in-depth exploration of the unique pressures faced by this generation, from the pervasive influence of social media to the impact of heightened academic and social expectations. The author delves into why these stressors affect children so profoundly and offers practical strategies to support them.

As school staff, understanding the roots of anxiety is essential for fostering an environment where all students can thrive. The book includes numerous recommendations on how educators can create safe, supportive spaces in schools, build stronger relationships with students, and integrate mindfulness and resilience practices into daily routines.

I found *The Anxious Generation* to be not only insightful but also incredibly actionable. The suggestions provided can help staff identify signs of anxiety, respond to students with empathy, and collaborate effectively with families to support children in navigating their challenges.

This is a must-read for anyone working with children today. It offers a compassionate perspective and equips educators with tools to better understand and address the anxiety impacting so many of our students. I thoroughly enjoyed this book and would encourage you to pick up *The Anxious Generation*.

Rod Kehler

