



# **Inspiring Adolescents: The Handbook for Parents and Teachers to Bridge Loss, Change, and Vulnerability through Social Media and Creativity**

*Sue Segal*

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This is a handbook written for parents and teachers to assist adolescents through their life challenges. It is simple, creative, and fun. It is designed to teach skills that are helpful for the adolescent child to meet life with confidence and courage – to transcend limitations, improve personal insight, and be empowered through creativity. Holistic in nature, and extremely results oriented, the techniques offered rely on the non-verbal language of art as a valuable tool. An artistic background is not the criteria to experience this handbook. Each of us has a natural and often untapped ability to get in touch with our authentic side through creativity and drawing. Although projects are geared towards developing a healthy self-image, there is no limit to the knowledge that one can attain. This handbook emphasizes trusting ones “instinctual ability” to know where you are at, and where you want to be. It will present to you, your true nature, and ways to nurture your nature ~ feeling whole and happy. It illustrates how vulnerability, change, and loss may be addressed. It explores compassion and empathy – to obtain purpose and respect. This handbook also includes aspects of internet and social media and the profound effect it has on our adolescents today. Brings meaning and vitality to life  
Creates a balance of health, growth and inner peace Integrates Mind ~ Body ~ Soul = Balance

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