

# PARENTING FOR OPTIMAL PERFORMANCE: SESSION 3 – PROMOTING WELL-BEING (RESOURCES)

Emotion Management

Skillful Communication

Promoting Well-Being

Effective Boundaries

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## Books

- Haidt, Jonathan. *The Anxious Generation*. (Penguin Press, 2024.)
- Montague, Brad. *Becoming Better Grownups: Rediscovering What Matters and Remembering How to Fly*. (Avery Publishing, 2020.)
- Neff, Kristin. *Self-Compassion: The Proven Power of Being Kind to Yourself*. (William Morrow Paperbacks, 2015.)
- Twenge, Jean. *10 Rules for Raising Kids in a High-Tech World*. (Atria Books, 2025.)
- Yeager, David. *Ten to Twenty-Five: The Science of Motivating Young People*. (Simon & Schuster, 2024.)

## Articles/Links

- Kushlev, et al. (2018). Smartphones reduce smiles between strangers. *Computers in Human Behavior*. 91. 10.1016/j.chb.2018.09.023.
- Zsila, A et al. Pros & Cons: impacts of social media on mental health. *BMC Psychol* 11, 201(2023). <https://doi.org/10.1186/s40359-023-01243-x>
- A good summary article about teens, social media, and mental health: <https://www.pewresearch.org/internet/2025/04/22/teens-social-media-and-mental-health/>
- Tommy Fleetwood interview: <https://www.youtube.com/watch?v=VPkFb7oureM>
- App for intentional phone use: <https://one-sec.app/>