

# Dr. Jay Granat Lectures On Stress Management For Teenagers And Adolescents

*What can educators, parents and kids do to feel empowered, confident, focused and resilient when faced with stress? Dr. Granat address these issues in his talk.*

HACKENSACK, NJ, UNITED STATES, December 19, 2016 /EINPresswire.com/ -- Hackensack, NJ-

Teen suicide, teen stress, teen substance abuse, academic pressure, social pressure, anxiety, depression and parental pressure are significant problems among today's young people.



When I coach top athletes and high achievers, I encourage excellence, clean performances, resilience, focus, confidence, enjoying the journey and finding balance in one's life.

*Jay P. Granat, Ph.D., Founder  
StayInTheZone.com*

The Guidance Department at the prestigious Bergen County Academies in Hackensack, New Jersey has invited Jay P. Granat, Ph.D. to lecture to the counselors regarding stress management strategies and techniques for students and parents at this elite educational institution.

Students who enter The Bergen County Academies tend to be very bright, quite motivated and are interested in attending

the top universities and colleges in America.

On Thursday, January 26th at 1:30 PM, Dr. Jay Granat will talk to members of the guidance department at The Bergen County Academies. Some parents have also been invited to attend.

According to Dr. Granat, "The kids who go to this institution can be quite rigid and perfectionistic. Their high and often unachievable goals and standards can create a lot of stress, anxiety and depression. This perfectionism creates social problems as they sometimes expect everyone around them to be perfect as well. This inflexible attitude can sometimes manifest itself in the form of anorexia in young people.

"Sometimes, teens in demanding environments are feeling the effects of parents who, are themselves, rigid and perfectionistic and who are simply asking too much of their kids.

Like many of the parents of elite young athletes who I have counseled, mothers and fathers with what I call a strong narcissistic connection to their children, are living vicariously through their sons and daughters.

There is nothing wrong with wanting your kids to excel. However, it is wise to encourage the idea of excellence, rather than ideas like straight A's and perfect scores on standardized tests.

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The same concepts ought to be applied to students at demanding academic institutions," says Granat.

In his talk on Stress Management For Teenagers, Dr. Granat will demonstrate how to manage stress with various psychological techniques including self-hypnosis, Gestalt Therapy, meditation, common sense and humor.

Dr. Granat will show how to empower students to be resilient, confident and focused.

Dr. Granat, who is the author of many books and self-help programs, is also the Founder of [www.StayInTheZone.com](http://www.StayInTheZone.com), as he has coached elite athletes from around the world in virtually every sport you can name.

“Some of the techniques that athletes use to manage stress can be used by high school students who are overwhelmed with their perfectionism and their lack of focus, confidence and resilience

Parents and their kids need to feel empowered in the face of today’s stressors ,” says Dr. Granat.

Jay P. Granat, Ph.D., is a Psychotherapist, Hypnotherapist and Licensed Marriage and Family Counselor. The founder of [www.StayInTheZone.com](http://www.StayInTheZone.com), Dr. Granat has coached athletes from virtually every sport from around the world. His clients have included Olympic Gold Medalists, professional golfers, Division I athletes, tennis pros and elite young competitors and national champions.

A former university professor, Dr. Granat has written a weekly column for five newspapers and has appeared in many major media outlets including: Good Morning America, The New York Times, The BBC, The CBC, Sports Illustrated, The Wall Street Journal, USA Today, Sporting News, ESPN, The Newark Star Ledger, ESPN, Tennis Magazine, Tennis View Magazine, Iowa Golfer, Executive Golfer, and The Bergen Record. Golf Digest named him one of America’s top ten mental gurus.

Granat earned his Masters and Ph.D. in Counseling from The University of Michigan. He is the author of How To Get In The Zone And Stay In The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score, Zone Tennis 101 Ways to Break A Hitting Slump, Zone Tennis, How To Get Into The Zone In Just One Minute, How To Have A Killer Serve With Sport Psychology, How To Throw More Strikes and Bedtime Stories For Young Athletes.

Granat is particularly interested in the role that family relationships play in stress and in how they impact one’s ability to perform their best when under pressure. He is past Vice President of The New York Society For Ericksonian Psychotherapy And Hypnosis. He is a member of The American Counseling Association and The American Psychological Association.

Some of his self -help books, cd’s and DVD’s programs are available at this link:

<http://stayinthezone.com/product-category/cd-and-dvd-programs/>

Dr. Granat is available for public speaking, consulting and counseling.

He can be reached at [info@stayinthezone.com](mailto:info@stayinthezone.com) or at 201 647-9191.

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