



According to the American Psychological Association more than 9 in 10 students, ages 15-21 said they have experienced at least one physical or emotional symptom because of stress. Symptoms include feeling depressed, sad, and lacking interest, motivation, or energy. While teens spend most of their time attending classes, participating in extracurricular activities, and doing homework, there is constant pressure to do everything and do it well to prepare for a successful career or higher education after high school. This can cause a lot of stress. What might families do to help their teens cope with stress?

ENCOURAGE YOUR TEEN TO USE THESE FIVE TIPS TO TAKE A BREAK AND MANAGE THEIR STRESS IN A HEALTHY WAY.

1. **Get some sleep.** Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about 8-10 hours each night.
2. **Focus on their strengths.** Take some time to think about what they are good at and ways to do more of those things. By focusing on and building their strengths, stressors remain in perspective.
3. **Do things that make them happy.** Find activities or hobbies that make them happy and incorporate them into their daily life. This might be a physical sport, an artistic outlet or spending time with family and friends.
4. **Engage in physical activity.** Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park to a bike ride or basketball game with friends.
5. **Talk to someone.** It can be hard to manage stress alone. Encourage your teen to talk to a parent, teacher, or other trusted adults about their challenges to help find new ways to manage their stress.

For more ways to help teens manage stress, become a Mental Health First Aider. To register visit our website:
hotlifeline.org/mental-health-first-aid

Upcoming Training Dates: Mental Health First Aid

- Virtual: Monday, October 3 & Tuesday, October 4 (10AM – 2PM)
- Virtual: Wednesday, November 2 (9AM – 5PM)
- In-Person: Thursday, December 8 (9AM – 5PM)

