

Don't Let Stress Get You Down

Adolescent stress can affect their health, behavior, thoughts and feelings. Helping your adolescent learn to recognize and develop strategies for managing stress in healthy ways can lead to life-long physical and psychological well-being.

Here are some strategies for managing stress:

- **DEEP BREATHING** Take a deep breath, count to ten, exhale and relax
- **EXERCISE** Walk, run, ride a bike, swim, dance, and get moving to create a feeling of calmness and well-being
- **ACTIVITIES THAT BRING COMFORT AND PEACE** Hobbies, sports, and other safe, enjoyable activities that provide a sense of accomplishment that can help relieve stressful feelings
- **POSITIVE THINKING** Believing that a situation will work out for the best by looking for positive aspects of the situation that helps reduce stress
- **PERSPECTIVE** Putting things in perspective helps relieve stress because it forces you to recognize that not everything is under your control and that some things are less important than others



Building Your Adolescent's Social and Emotional Competence

Self-management is a social and emotional learning competency that helps adolescents effectively regulate their emotions, control impulses, manage stress, and set and achieve goals. These activities help adolescents build emotional awareness, reflection, and calming skills.

Reframe It!

Reinforce stress management skills by thinking of stress-reducing motivational mottos to help overcome stress.

Present It!

Create an inspirational presentation to share with others who may be experiencing stress at this time that educates about the healthy ways to manage stress and include the strategies listed above.

Many adolescents are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your teen knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

