

Strategies and Practical Tips for Anxiety and Depression



Learn about more ways to support your teen [here](#).

5 Tips to Promote Your Teen's Mental Health

1. **Physical Activity** - Join a sports team or movement class
2. **Nutrition** - Eat fresh, non-processed foods when possible
3. **Healthy Sleep Habits** - Keep tech out of the bedroom
4. **Strong Relationships** - Schedule time to do something fun together
5. **Balanced Screen Time** - Have screen-free meals

2 Tips to Use When Your Teen is Feeling Anxious or Depressed

1. Listen Deeply to Your Teen

- Validate your teen's experience. For example: "I'm so sorry" or "That makes sense"
- Practice genuine and careful listening instead of trying to solve problems.
- Show empathy and encourage seeking support: For example: "I'm so happy you are sharing this with me, I know it must be hard."

2. Help Your Teen Practice Using Coping Skills



Understand - Taking the time to understand our emotions helps put things in perspective



Ground - Reconnecting with your 5 senses helps you be in the present moment



Distract - Taking the time to enjoy something else besides the problem can clear your mind



Connect - Tap into your support system



Move - Moving your body releases feel-good hormones

3 Tips to Use When Your Teen is Feeling Anxious

1. Help Your Teen Build Awareness & Acceptance About Their Anxiety

- Help your teen understand how anxiety impacts their brains and bodies--*are they fixating on certain thoughts or does their chest feel heavy and legs feel fidgety?*
- Once your teen recognizes they are anxious, help them accept that they are experiencing anxiety, which is telling them to be aware and alert, when likely, they are safe and you are there to support.

2. Help Your Teen Understand What's Causing Them Anxiety

- Identify the stressor
- Write a list of what is in your control
- Write a list of what is not in your control
- Draft an action plan based on what is in your circle of control
- Identify coping skills you can use to help you manage what is not in your control

3. Help Your Teen Gain Perspective

- Anxiety can make our stressors seem bigger than they are.
- Ask your teen if their stressor is the size of a pond, a lake, or an ocean. A pond can be solved easily, while a lake takes more time and energy. An ocean requires support and help from others.