

# Up The Hill®

A Magazine for Estrella Residents

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# Is Your Teen Stressed?

- Let your teenager know it's ok to share their

Stressful situations at home, work and school are real and can be extremely detrimental to the success of your teen throughout the academic year. So how can parents help their children avoid, manage and relieve stress? The following tips provide a great start:

- Teens need to take time for self-care and to have a little fun. Find activities that support their ability to be successful. If they don't like sports, don't expect signing them up for football to help.
- Help teenagers learn to change their thinking. Do they know it's ok to fail at something? Help them see failure as opportunity.
- Take assignments one step at a time and set obtainable goals. Ask if you can help them prioritize their tasks and then encourage them to focus on one at a time.

When stress levels become more than a motivating tool, or when pressures are too intense or last too long, it may be a sign your teen is in stress overload. In order to avoid this situation, follow these tips:

- Be physically active. Regular exercise is one of the best ways to keep stress levels under control.
- Laugh. Strive to have one big belly laugh a day.
- Practice positive self-talk.
- Encourage mantras such as "this too shall pass" or "I can handle this."
- Make sure the things that bring your teenager joy are included in daily and weekly routines.

feelings with friends and family.

- Make the best out of stressful circumstances – be optimistic – your outlook, attitude, and thoughts influence the way they see things.
- Let your teenager know it's ok to ask for help. People who have a strong network of family and friends manage stress better.

Helping your child learn how to avoid stressful situations and manage stress when they're in the heat of it, prepares them for the academic years to come.

Submitted by Alysson Zatarra, Carrie Holmes, and Kathy Villa, Program Directors for the School and Community-Based Counseling Services program at Southwest Behavioral & Health Services. *More information about the benefits of school and community-based counseling services is available at [www.sbhservices.org](http://www.sbhservices.org).*



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