

'Top tips for Teens'

- ✓ **Social Media Detox** - Have some time in the day without going on any sites. Social media is great, but can make you anti-social, insecure, lazy & addicted to getting likes & followers
- ✓ **Use Phone Apps** - Calm / Dreamy Kid / Headspace / Kids Yoga Deck / Breathing Bubbles / Smiling Mind / Calm Counter / Emotionary / Take A Chill / Chill Outz / Super Stretch Yoga / Relax Melodies
- ✓ **Try new things** - You never know how good you are at doing something unless you give it a go. Sometimes it's good to push yourself out of your comfort zone, make a list of things you have always wanted to do & go for it
- ✓ **Volunteer or help out** - Do something nice for others, it is scientifically proven that when you help or support someone else this makes you feel happier
- ✓ **Share worries** - Talking to others & getting help from friends, family, teachers can help you offload your troubles
- ✓ **Eat healthy** - Brain food such as fish, veg, wholegrain, fruits, nuts, these are all good for boosting your brain
- ✓ **Move your body** - Get up & stretch, walk around the room, move position or location, keep fit
- ✓ **Have some fun** - Do some healthy things to make you laugh
- ✓ **Drink water** - Keep hydrated, but avoid drinks that make you hyper like pop, red bull, coffee, alcohol
- ✓ **Music** - Dance, sing, play computer dance games, or alternatively play calming & relaxing music CD's
- ✓ **Exercise** - Swim, dance, run, walk, play sports, go to the gym - this is great for creating happy chemicals
- ✓ **Sleep** - Get a good night's sleep, go to bed early, get up at a regular set time each day
- ✓ **Create calm** - Before going to sleep have a bath, use lavender oil on your pillow, turn off mobile phones, TV's, video games & basically anything that distracts you or keeps you awake
- ✓ **Connect** - With others, join local groups in your area, youth clubs, community gatherings, events at school, when you make friends with others this helps you to build confidence, strong relationships & opens you up to new opportunities

- ✓ **Stop comparing** - One of the biggest things that make people feel down is not feeling they are good enough. Recognise your own skills, talents & abilities, you are different to others, celebrate being unique
- ✓ **Patience** - Don't be so hard on yourself, you may be thinking, feeling or behaving in certain ways that make you feel upset or angry, give yourself time to understand those emotions
- ✓ **Choose your friends wisely** - If you are mixing with people who put you down or are a bad influence on you then try to move away from them or recognise that you can say no if you don't want to do certain things
- ✓ **Practice gratitude** - Buy a notebook / diary or journal & record the things that you feel you are grateful for in your life on a daily or weekly basis
- ✓ **Vision Board** - Create a your own colourful poster or board of all the things that you would like to have in your life, also include things that are important to you, positive messages, goals & dreams you have
- ✓ **Triggers** - Make a list / diary of your emotional / stress / anxiety triggers
- ✓ **Get organised** - Having a plan is helpful, reduce stress by forward planning & prioritising your day with a few tasks
- ✓ **Become more self aware** - Become more aware about your thoughts, feelings & behaviour by talking things through with people who will listen
- ✓ **To do lists** - These can create added pressure so try to tackle your perceived worst task first
- ✓ **Ask for help** - Don't be scared to ask people for some extra support
- ✓ **Positive visualisation** - Close your eyes, see, feel, hear, sense yourself feeling calm & relaxed
- ✓ **Walk outside** - Getting some fresh air is a great way to de-stress & clear your mind
- ✓ **Unwind** - Run a bubble bath, play some relaxing music, light candles, use oils or incense
- ✓ **Think positive** - Change your mindset, don't feed negative thinking or beliefs about yourself
- ✓ **Positive affirmations** - ("I am capable, I can manage, I am balanced, I am calm, I am confident, I am clear, I am enough, I am doing my best, I am coping in the best way I can, I recognise my limits")
- ✓ **Deep breathing** - Take some deep breaths, breathing in through your nose & breathing out through your mouth several times can really help you to calm down
- ✓ **Ted Talks** - These are really good for motivation, find some inspirational people talking about life

- ✓ **Instagram** - Fill your feed with #InspiringQuotes #PositiveAffirmations #MotivationalGoals
- ✓ **Therapies** - Have a massage, get a relaxation treatment, do some meditation or yoga
- ✓ **Internal beliefs** - Become aware of how much internal pressure & expectation you create, where does it come from? You or others around you? Give yourself permission to relax & let it go!
- ✓ **Classes** - Take up a new local class, art, cooking, photography, drama, dancing, music, creativity
- ✓ **Lifestyle** - Break your week down into a timetable & see how many hours per week you give to things that make you happy
- ✓ **Make a commitment to yourself** - Change one small thing each day / month to improve your life
- ✓ **Online Forums** - Go online for mental health support networks, forums, advice & guidance

Make up some of your own tips & list them below.....