

# Top Ways to Help Teenagers Beat Stress



## Reframe Stress

Help young people shift from a 'stress hurts' mindset to a 'stress helps' mindset. Some levels of stress are helpful. By overcoming stressful situations we build our skills & resilience which leads to personal growth.



## Practice Problem Solving

Help young people to 'think' about & brainstorm solutions. Think through the consequences of each possibility then choose the best way forward.



## Identify Triggers

Think about the situations that cause the young person to experience stress & understand what is underlying this. Don't avoid but break it down into small steps that feel manageable & work towards achieving their goal.



## Build Optimism

Help young people pay more attention to the positive things that happen each day. The human brain is designed to 'notice' the bad, this negative bias can be challenged and flipped, by doing so a sense of positivity can grow. Gratitude Journals are a great way to support this.



## Get Moving

Help young people understand the importance of moving in beating stress. This can be dancing to their favourite tune or playing frisbee with friends in the park. Movement gets rid of the stress hormones from the body & replaces them with the happy chemicals - endorphines.



## Positive Self-talk

Challenge negative thoughts with positive ones. By helping young people tune into their thoughts they can start to challenge negatives & replace with positive thoughts. 'I'm terrible at this' can become 'I can't do this yet' By helping them notice thoughts getting them to develop positive self-talk can grow.