



## What You Can Do to Help Your Teens Reduce Their Levels of Stress

As a parent here are some things you can do to lessen your Teens' stress level.

- **Control your own anxiety and model calmness for your Teens** – This is important because teens will take cues from their parents' behavior and can be sponges for ambient anxiety in the household.
- **Validate their feelings and concerns** – Ask them how they are feeling and what they want to know. Reassure them with facts and logic that can give them a better perspective on the situation and help them separate “what is” from “what if.” Keep them updated as new, reliable information becomes available. Make sure they know there are a lot of rumors and misinformation out there. Explain what they need to know. Be honest with your teens, but don't tell them more than they need to know.
- **Provide some structure and routines** – Having a daily routine provides consistency during an otherwise very disrupted time period. This is especially important for things like mealtimes, sleep and exercise in order to maintain their physical and mental vitality.
- **Give them a sense of control** – It can seem to teens that they are helpless against the pandemic. But by educating them on the best practices for protecting against the virus – e.g., frequent handwashing, hand sanitizers, wearing gloves, wiping down surfaces, etc.- it can provide a sense of some control.
- **Help get our teens involved in activities that can redirect their attention** – This can include several things for example exercise, going for walks (to the degree it is safe for them to be outside) and hobbies or special interests.

Despite the seriousness and uncertainty around the COVID-19 pandemic, we have the ability to help each other and our Teens be more resilient, emotionally balanced, and as physically protected during this time of crisis.

(source: Edge Foundation website)



## Tips for parents to help their children stay healthy and get the most out of distance learning

- **Create a daily schedule:** Stick to routines or create new ones. Wake up in the morning at the usual time: shower, get dressed, have breakfast, etc.
- **Set up a place in your home where your student can focus on schoolwork:** a desk, a quiet corner with as little distractions as possible.
- **Treat online school like real school:** homework and attendance matter.
- **Role model:** Teach your teens consideration towards their teachers as they've been tasked with shifting to distance learning virtually overnight.
- **Get some exercise:** When online school is over for the day, encourage your teens to spend some time outside if they can. Enjoy the sun and fresh air.
- **Stay connected:** Going out on outings may not be possible for now, but teens can keep in touch with friends and family by phone, Skype or FaceTime. (Make sure you monitor your teens internet use for safety purposes)
- **Share your feelings:** Encourage your teens to openly share about how they're feeling and ask others how they're doing.
- **Monitor how much your teens watch on the news:** limit how much exposure your teens get about the COVID 19 pandemic.
- **Provide positive feedback on an ongoing basis:** focus on reassurance and sense of security and stability.

