# Change to Chill

Change to Chill (CTC) is a free, online resource offered by Allina Health that provides tools and resources to help teens figure out what stress is, what causes it, and, most importantly, how to manage it. The website offers a wide variety of activities and information for both teens and caring adults around topics such as mindfulness, guided imagery, practicing gratitude, resiliency building and more. For the 2019-2020 school year, your student's high school has been awarded the CTC School Partnership! This in-depth, school-based component of CTC provides high schools across Minnesota and Western Wisconsin hands on support from Allina Health, specialized staff trainings, and funding to create a "Chill Zone" – all focused on creating and supporting a culture of mental well-being in the school community. Spend some time, either alone or with your student, familiarizing yourself with CTC.