

# Wellness

## Wednesday



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## 14 Phrases To Use With Your Teen That Will Transform Your Relationship

Navigating the parent-teen relationship can be a delicate dance, as adolescents strive for greater autonomy and independence while still relying on their parents for support. During this pivotal phase of development, teenagers grapple with a complex cocktail of hormones, emotions, and the desire to establish their own identity. This internal tug-of-war can create cognitive dissonance and frustration, making it challenging for teens to connect with their parents in the same way they once did.



Psychologist Avigail Lev explains that this individuating process is "very difficult" for teenagers, as they feel "ready to be an adult" on one hand, but are still "dependent on their parents" on the other. This conflict, combined with the tumultuous hormonal changes and increased awareness of their own autonomy and sexuality, adds an extra layer of complexity to the parent-teen dynamic.

### The Importance of Empathy and Validation

While it's important for parents to accept that the teenage years may not be as effortlessly connected as earlier stages, there are strategic communication techniques that can help foster a sense of safety and understanding. Lev emphasizes the value of asking open-ended questions, reflecting back, and validating the teen's emotions and needs.

"Teenagers are very emotionally dysregulated, impulsive, and emotional," Lev explains. "They need a lot of mirroring, similar to how a 2-year-old needs mirroring. It doesn't mean the parent validates bad behaviors, but rather mirrors back the emotions, contains them, and remains a stable figure and container for their emotions. This teaches teenagers self-regulation skills."

By adopting a compassionate and empathetic approach, parents can create an environment where their teen feels heard, understood, and supported, even during the most tumultuous moments.

## 14 Transformative Phrases for Connecting with Teens

1. **"It makes sense that you feel..."**: Validate your teen's emotions by acknowledging their perspective and experiences.
2. **"It makes sense that you need..."**: Demonstrate your understanding of their needs and desires, even if they may differ from your own.
3. **"I know you're doing your best."**: Offer encouragement and reassurance, recognizing their efforts and commitment.
4. **"You can handle this."**: Express your confidence in their ability to navigate challenging situations, fostering a sense of self-belief.
5. **"I believe in you."**: Convey your unwavering faith in their potential, which can boost their self-esteem and resilience.
6. **"I trust you."**: Demonstrate your trust in their judgment and decision-making, empowering them to take ownership of their choices.
7. **"You can trust yourself."**: Reinforce their inner wisdom and capacity for self-reliance, empowering them to rely on their own instincts.
8. **"I'm here if you need me."**: Reassure them of your availability and willingness to provide support, should they require it.
9. **"I hope you feel comfortable coming to me if you need anything."**: Invite open communication and encourage them to seek your guidance when needed.
10. **"Of course you feel..."**: Validate their emotions by normalizing and empathizing with their experience.
11. **"I'm here for you, no matter what."**: Convey your unconditional support, fostering a sense of security and trust.
12. **"I'm curious about what you think."**: Express genuine interest in their opinions, validating their growing sense of individuality.
13. **"I understand this is important to you."**: Acknowledge their priorities and interests, demonstrating empathy and respect for their autonomy.
14. **"Let's figure this out together."**: Shift the dynamic from a parent-versus-teen mentality to a collaborative problem-solving approach, strengthening your bond.

### Avoiding Pitfalls: Phrases to Steer Clear Of

While the above phrases can help transform the parent-teen relationship, certain communication styles can have the opposite effect, leading to defensiveness, resentment, and a breakdown in trust. Nicolle Osequeda, a licensed marriage and family therapist, cautions against using questions and phrases like "I want to talk to you about..." "You need to tell me why you did that" and "How could you possibly think about doing that?"

These types of statements can come across as confrontational or judgmental, shutting down communication rather than encouraging it. Similarly, making comparisons to other teenagers, such as "Why can't you be more like...?", can damage a teen's self-esteem and foster resentment.

Phrases like "Because I said so" and "You're overreacting" can also be perceived as dismissive, leading to frustration and a sense of not being heard. It's crucial to validate their emotions, even if they seem disproportionate, as dismissing their feelings can hinder the relationship.

### Embracing the Challenges, Fostering Connection

Parenting a teenager is undoubtedly a challenging endeavor, but with a compassionate approach and strategic communication techniques, the parent-teen relationship can be transformed. By prioritizing empathy, validation, and open-ended dialogue, parents can create an environment where their teens feel heard, understood, and supported, even during the most tumultuous phases of adolescence.

Remember, every teenager is unique, and the path to a stronger connection may require patience, flexibility, and a willingness to adapt your communication style. By embracing the complexities of the teenage experience and focusing on building a foundation of trust and mutual respect, parents can navigate this pivotal stage with greater ease and foster a relationship that endures well into adulthood.

### Key Takeaways

Teenagers are navigating a complex journey of individuation and hormonal changes, which can create cognitive dissonance and frustration in their relationship with parents. Empathy, validation, and open-ended communication are crucial for fostering a sense of safety and understanding in the parent-teen dynamic.

Transformative phrases, such as "It makes sense that you feel..." and "I'm here for you, no matter what," can help strengthen the parent-teen bond. Certain phrases, like "You need to tell me why you did that" and "Why can't you be more like...?", should be avoided as they can lead to defensiveness and resentment.

Embracing the challenges of the teenage years and focusing on building trust and mutual respect can help parents navigate this pivotal stage and cultivate a lasting, meaningful connection.



# PUMPKIN SPICE LATTE



## INGREDIENTS

1 1/2 cups fat-free milk, almond milk or dairy-free milk of choice  
2 tablespoons pumpkin butter, or use pre-made from Trader Joe's or Amazon  
2 teaspoons vanilla extract  
1/2 teaspoon pumpkin pie spice  
2 teaspoons sugar, or sugar substitute, to taste  
1/2 cup espresso, or 3/4 cup strong brewed coffee works  
fat-free whipped topping  
dash pumpkin pie spice, for topping

As the autumn breeze arrives and the leaves transform into brilliant colors, one seasonal treat emerges as the ultimate symbol of fall – the cherished Pumpkin Spice Latte. This indulgent and soothing drink has evolved into a cultural phenomenon, embodying the spirit of the cozy season and sparking a passionate fan base among coffee lovers and pumpkin spice enthusiasts alike.

### THE CHARM OF THE PUMPKIN SPICE LATTE

The Pumpkin Spice Latte (PSL) is more than coffee; it's an autumn experience. The blend of espresso, steamed milk, and pumpkin pie spice offers a comforting flavor that evokes nostalgia. Ideal for cozy moments, outdoor strolls, or gatherings, it embodies the essence of the season.

### CRAFTING THE PERFECT PUMPKIN SPICE LATTE AT HOME

Making your own Pumpkin Spice Latte at home can be just as satisfying as buying one from a café. By using high-quality ingredients like real pumpkin puree and aromatic spices, you can create rich flavors at a lower cost. With a few simple steps, you can enhance your autumn experience and impress others with your homemade barista-style drinks.

### Nutrition Information

Serving: 1 latte, Calories: 115 kcal, Carbohydrates: 21 g, Protein: 6.5 g, Cholesterol: 4 mg, Sodium: 100 mg, Fiber: 1 g, Sugar: 5 g





## INSTRUCTIONS



### HOW TO MAKE IT

1. In a small pan combine milk, pumpkin butter and sugar or sweetener of choice and simmer over medium heat, stirring, until boiling.
2. Remove from heat, stir in vanilla and pumpkin spice.
3. Using an immersion blender, blend until smooth (or whisk well with a wire whisk).
4. Pour into two mugs, add the hot espresso and top with fat free whipped cream and a dash of pumpkin pie spice on top.

### VARIATIONS AND CUSTOMIZATIONS

The beauty of the Pumpkin Spice Latte lies in its versatility. Whether you prefer a dairy-free, sugar-free, or extra-indulgent version, there's a way to tailor the recipe to suit your individual preferences. Experiment with different milk alternatives, sweeteners, and toppings to find your perfect pumpkin-infused concoction. Venture beyond the traditional hot latte and try an iced version for a refreshing twist. The possibilities are endless, allowing you to put your own unique spin on this beloved seasonal favorite.

<https://www.tomsguide.com/wellness/fitness/build-muscle-and-boost-your-metabolism-in-just-7-moves-with-this-dumbbell-hiit-workout>

## Featured Exercise ► Dumbbell Pullover

### HOW TO DO IT:

- Lie on a bench or the floor with your upper back supported and feet planted firmly on the ground or bench
- Hold a dumbbell with both hands above your chest, arms extended
- Lower the dumbbell behind your head until you feel a stretch in your arms, lats, and chest
- Pause, engage your lats, and pull the dumbbell back up to the starting position, focusing on using your back muscles to perform the movement

### THE BENEFITS:

The dumbbell pullover is a compound exercise that primarily engages the chest, shoulders, and back muscles, with a significant contribution from the core. This movement involves lowering a dumbbell behind the head while maintaining a stable, arched position, and then returning the weight to the starting position overhead.



[Click Here](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



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