

HELPING TEENS MAINTAIN GOOD MENTAL HEALTH

Are you worried
about a teen
that seems
stressed, anxious
or depressed at
times?

Discover **practical tips** to
help them keep up good
mental fitness through the
challenging moments of life.

ENCOURAGE YOUNG PEOPLE TO PRACTISE SELF-COMPASSION

When difficulties arise, our inner critic often has a lot to say. By encouraging young people to talk to themselves in a compassionate way, like they would to a friend, you can help them to cope better and to lower their stress and anxiety.

HOW?

- **Recognize** that they are going through a tough time.
- **Realize** that it happens to other people too.
- **Think** of solutions to ease their discomfort.

COME BACK TO THE PRESENT



A teen has trouble managing their emotions or shows signs of depression or anxiety? **Mindfulness** allows us to **hit pause on life** and break the cycle of dwelling on the past or anticipating the future, both of which create stress and anxiety. Finding this internal balance can help teens feel more optimistic and lower their stress levels.

HOW?

- **Take some time out during the day** to reconnect with the present moment. For example: do a sport, listen to music or take a walk.
- **Focus on the 5 senses.** For example: take the time to observe your environment while walking down the street, close your eyes and listen to the surrounding noises, direct your attention to your breathing, hold an object in your hands and become aware of its texture, etc.



MENTALIZATION: A POWERFUL WAY TO IMPROVE YOUR RELATIONSHIP WITH YOURSELF AND OTHERS



Example of the mentalization approach:
A friend doesn't answer my text messages even though I've texted them several times. How should I react?

STEP 1

Pause for a moment before taking further action, like sending an angry message.

STEP 2

Become aware of how you feel (your thoughts, emotions and physical sensations).

STEP 3

Think of different scenarios that would explain why your friend hasn't answered: perhaps they're busy or maybe their parents took their phone away, etc.

STEP 4

You don't have to actually know the real reason for their behaviour: the simple act of asking questions helps diffuse the pressure and allows you to communicate better.



THE IMPORTANCE OF HEALTHY LIFESTYLE HABITS



Mental health is comprised of many factors, all of which are rooted in **lifestyle habits**. It's essential **not to minimize their importance**, as they can impact a young person's success, health, well-being and ability to learn.

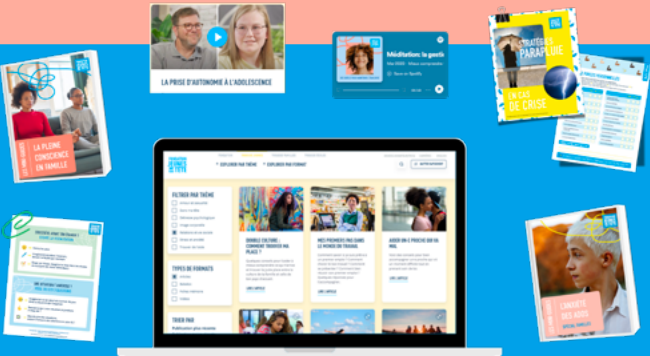
HOW?

- **Sleep** 8 to 10 hours a night.
- **Develop a positive relationship with your body:** move and eat to feel good.
- **Limit screen time and use digital platforms in a constructive way.**

The best way to get young people to adopt these practices is **to lead by example and employ them in your own life.**

WANT MORE ADVICE AND HANDY TOOLS TO SUPPORT TEEN MENTAL HEALTH?

Explore [our toolkits](#) for positive mental health, created in partnership with leading experts. You'll find articles, podcasts, videos, mini-guides and much more!



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