

## **TIPS FOR DEALING WITH TEENS:**

### **You know your teen best; Use what works for your teen**

- Emphasize their strengths and abilities to cope. Share your coping strategies and help them develop ones they can use.
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- Cut them some slack. Your teens need to do stay connected so calling, texting and face timing their friends can be very good for their wellbeing.
- Do things together. Make a meal together, watch a movie, play a board game, do a craft, mindfulness and meditation activities, cleaning their room, starting a new hobby
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Be mindful that your teen is missing things: outings with friends, sports, work, and may be worrying about graduation, getting their marks and assignments done

- Help focus on what they can control, their thoughts and behaviour and what they cannot control