

12 Self-Care Tips For Teens

(modified from The [Clay Center For Healthy Minds](#))

- 1) **Carve out time for Self-Care:** 15-20 minutes in your day.
- 2) **Focus on what you can [control](#):** like your [breathing](#) and being in the [present moment](#).
- 3) **Mindful Meditation:** Try a [Meditation App](#) that promotes [relaxation](#).
- 4) **Eat Healthy:** The foods you choose to nourish your body can have a large impact on your mental and physical health.
- 5) **Exercise:** Simply walking is great exercise – plus it gets you outside!
- 6) **Get some sleep:** Try to have as regular a sleep schedule as possible.
- 7) **Creative expression:** Choose a creative outlet to convey your thoughts and feelings: [journaling](#), writing poetry, painting or [drawing](#), doing photography, dancing, or playing music.
- 8) **Play with a pet:** Cuddling with a pet, taking care of them, and feeling their unconditional love can be great comfort in times of stress.
- 9) **Virtually communicate with family & friends:** Take time in your day to text, call, or video chat to stay connected.
- 10) **Appreciate nature:** Watch the sunrise or sunset. Allow yourself a few minutes not to rush or be disturbed.
- 11) **Turn off your cell phone:** (at least for an hour). It's hard. But you can do it! How many texts, Instagram stories or other digital communications do you need to see *immediately*? Very few! Once you try it, you may actually find it refreshing to have a break from the constant notifications.
- 12) **Do something nice for someone else:** [Acts of kindness](#) go a long way for making both ourselves and others feel good.