



COPING SKILLS FOR TEENS

Problem-Focused Coping: (When the source of the stress is under the teenager's control)

- Improve time management skills
 - Develop a schedule
 - Create a To-Do List
- Ask for support; sometimes teenagers can't identify when they need help
 - Reach out to your teacher, trusted adult, or therapist
- Establish healthy boundaries
 - It's okay to say "No"
 - You don't have to accept every social invitation
 - Eliminate negative/ toxic people
 - Clean up your "Friends" list on social media
- Schedule time for yourself

Emotion-Focused Coping: (When the source of the stress is outside the teenager's control)

- Exercise: Take a walk with a friend, or go jogging in a safe place
- Take a bath/shower
 - Use favorite smelling soaps
- Give yourself a pep talk; positive affirmations
- Meditate
- Reach out to positive friends
- Healthy eating
- Talk it out with someone you trust; it's also okay to laugh or cry it out
- Spirituality

Distractions:

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| -Read | -Spend time on hobbies/ learn a new skill | -Watch TV/Movies |
| -Journaling | -Spend time with pets | -Encourage others |
| -Finding humor | -Play a board game or video game | -Podcasts or TED Talks |
| -Color/paint/draw | -Spend time with healthy friends and family | -Clean/organize room |
| -Yoga | -Watch funny or calming videos on YouTube | -Sing, dance, play music |

Positive Reframing:

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| -Recall positive life events | -Express gratitude |
| -Perform acts of kindness | -Practice mindfulness |