Teens: Coping Strategies

- Get enough sleep
- Eat good-for-you foods and drink plenty of water; do both regularly
- Exercise
- Practice relaxation breathing
- Get outside
- Help someone else
- Break up a large task into smaller, more attainable goals
- Connect with others and do something together - play a game, watch a movie
- Remember what you’re good at
- Take a break from screens/technology
- Spend time with your pets
- Spend time with your family engaged in an activity
- Take a break - read, draw, listen to music, etc.
- Ask for help
- Talk to someone
- Seek professional help

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The mission of the Shaare Emeth Mental Health Initiative is to destigmatize mental illness and to provide education and community support for the mental health and well-being of children, teens, adults, and those who care for them.