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At Your Service!

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Teen Stress Test

Put #1 by the things you are doing and #2 by the things you need to work on:

- _____ 1. Do fun things
- _____ 2. Get plenty and regular sleep hours
- _____ 3. Not doing too many things at once
- _____ 4. Exercise (playing hard)
- _____ 5. Use relaxation and have down time
- _____ 6. Eating healthy and limiting junk food
- _____ 7. Talking to people when you need to
- _____ 8. Having a big laugh at least once a day
- _____ 9. Doing something you are good at a least once a day
- _____ 10. Do something nice for a family member or friend once a day

** Keep doing the 1's and work on the 2's!

Davis De-Stressors

- * Escape to the movies
- * Visit MU Arcade/Bowling
- * Hit balls at batting cages
- * Walk/Ride/Skateboard/Run on greenbelts
- * Be apart of a group- sports, school, church
- * Visit UCD - see what your working for
- * Hang with friends downtown
- * Jump on trampoline
- * Take a fun class at UCD Craft Center, Art Center or Parks and Rec
- * Do something that makes you happy!
- * 3rd/B
- * Ride a horse
- * Gaming with friends
- * Skateboard Park
- * Swim
- * Bead
- * Dirt Biking
- *Paintball/Airsoft

Stress No More!

Exercise Regularly - Exercise helps release pent up stress and makes the body stronger to be able to deal with stress.

Relax - If you relax the body...the mind will follow.

Sleep Well - If you don't get enough the body is more vulnerable to stress. You can't catch up. The body likes predictability - Be regular. Have a sleep schedule.

Laugh it up - Humor for people is different...find what makes you laugh and do it lots! Teach teens how to laugh at themselves and life's inevitable mistakes.

Schedule Fun - Schedule regular fun activities and time for fun. At the same time don't over schedule life. Take a break.

Nutrition - Improve it! Consider limiting, by gradual reductions, caffeine. Eat more healthy foods and limit junk foods.

Change Negative Thinking- Stop the negative chain dialog. Decrease negative self talk. Restate in a positive light - Flip it!

Time Management - Prioritize. Schedule. Stress results from change...set up some firm routines that produce.

Create a Support System- Surround yourself with those that love, care and listen to you.

Stop Expecting Perfection - Learn the difference between personal best and perfect. Praise your teen (and self) for little accomplishments, everyday. Look at what you have done...not where you need to go.

Teen Spirit- What Can Teens Do

Rehearse and Practice those situations which cause stress.

Learn Coping Skills like prioritizing and breaking up large tasks into smaller more attainable goals.

Visualize Success in stress inducing activities.

Lean on me...use your support system of friends and family.

TALK TO SOMEONE.

Find Your Thing...do what makes you happy and repeat.

What Can Parents DO

Reinforce a Support System- Make sure your teen has at least one adult to talk to. If it is the parent ...keep the lines of communication open. If it can't be the parent right now....help your teen find a support system. Illustrate the importance of friendship - both the giving and receiving end of friendship. GET THEM CONNECTED -- belonging to a group.

Notice Aloud- Help teen recognize feelings by going through the back door....teens are especially defensive of parents asking questions.

Build Confidence - Look for ways to boost self esteem and say something encouraging everyday.

Listen to Your Teen- Close mouth and Open ears. Practice good listening. Let them reach the conclusion. Ask questions gently to plant seeds.

Reaffirm Their Feelings- (right or wrong) Being heard relieves stress. Use their words. Help them label feelings if they aren't able.

Just BE There- Many times teens "just don't want to talk about it". That doesn't mean they don't want you around. Just be in their company. Set a regular date.

Help Teens Find Their Thing - Parents know their children best. Help teens to find their thing and encourage it.

Be Patient and trust your teen. As parents we want to fix our child's trouble....instead give them the tools and skills to deal. Don't rush to save them.

Model - Show your teen good ways to manage stress. Illustrate good coping skills - - without coping skills teens turn to alcohol/drug use and other escapes.

Teach Teens How to Keep Things in Perspective - Show them how to look at things from a different point of view and how it relates to the big picture - Reality check.

Talk about Roadblocks- Share with your teen different ways of solving problems and the roadblocks that may occur. Explain the consequences of resorting to drugs and alcohol is definitely a long detour to happiness.

RESOURCES:

Relaxation: Stress, Reduction Workbook - Martha Davis

The Feeling Good Handbook - Edmund Bourne

Words of Gratitude - Robert Emmons

Coping Skills Classes - City of Davis and Karin-Anderson.com