

Promoting Your Teen's Mental Health

Resources compiled by:

Joddie Walker, MSc, R.P., CTTS, CTRP-Clinical

Janice LeBlanc, BFA.(hons), BEd., DTATI, R.P, RCAT, CTRP-Clinical

Stress Management Strategies

Helpful Phrases to connect with your teen:

Let's find some evidence." - often worry is based on perception. Evidence important to reduce inaccurate perceptions and jumping to conclusions

Which calming strategy do you want to use right now?" - have ten + ready and choose one from list- come up with strategies ahead of time when teen is calm

Don't ask leading questions

Respect feelings, don't empower them

The format of your questions is important

Target:

1. physiological – body responses
2. Cognitive- those negative or anxious or depressive thoughts
3. Principles or beliefs

Physiological:

Lifestyle can contribute to handling stress and preventing burnout:

- Diet and nutrition
- Sleep*****
- Exercise- even a mindful walk outside noticing everything around you
- Sugar, **caffeine**- note how much you are taking in
- Avoiding mood altering substances like alcohol, drugs, tobacco, gaming
- How much time on social media?

Breathing: 4 square breathing

Get outside- mindful walk using senses

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=ClqPtWzozXs>

Take a mental break – even for 5 minutes: calming music, breath of fresh air, calming app , calming visualization

Locus of Control – 2 circles

Visualization

Mindfulness

Grounding exercise- 5, 4, 3,2, 1- focus on senses

Mind calming Apps- some of our favourites

Relaxation and Meditation APPS

- Calm: Guided meditations, breathing exercises
- Headspace: Meditations
- Hellomind: hypnosis based to address stress, sleep issues
- Aura: Mindfulness
- Relax-Lite: Stress reduction
- Practice for Stress: Meditation
- Breathe2relax: breathing and meditation
- Stress Check: Rate stress level, surveys, then make changes
- Buddhify: Mindfulness and meditation
- Insight Timer: 100s of guided meditations, music, lectures etc.

Reframing

Journaling

Doing something creative

Well being to do list for teens

Resources:

- <https://www.anxietybc.com/parents>
- <http://www.worrywisekids.org/node/49>
- http://www.camh.ca/en/hospital/care_program_and_services/child_youth_and_family_program/Pages/guide_moodanxiety_cyfservice.aspx
- http://www.camh.ca/en/hospital/about_camh/newsroom/understanding/Pages/mentalillness.aspx
- www. Gozen.com- full list (72) of calming strategies

Books

- **Helping your Anxious Child: A Step-by-Step Guide for Parents**_Ronald Rapee, Ann Wignall, Susan Spence, 2000
- **Anxious Kids: Anxious Parents**, Lyn Lyons, 2013

- **Everything Parent's guide to Overcoming Childhood Anxiety**, Sherianna Boyle, 2014
- **A Boy and A Bear. The Children's Relaxation Book** by Lori Lite & Meg Hartigan
- **Relationship Skills 101 for Teens. Your Guide to dealing with daily drama, stress and difficult emotions using DBT** by Sheri Van Dijk, MSW
- **Don't Let Your Emotions Run Your Life For Teens. Dialectical Behaviour Therapy Skills for helping you manage mood swings, control angry outbursts and get along.** By Sheri Van Dijk
- **What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** by Dawn Huebner (author) & Bonnie Matthews (illustrator)
- **Up and Down The Worry Hill: A Children's Book About Obsessive Compulsive Disorder and it's Treatment** by Aureen Pinto Wagner, PhD.

Mental Health Resources

- **CMHA**
 - <https://ontario.cmha.ca/> <https://toronto.cmha.ca/youth-zone/>
- **CRISIS SERVICES CANADA:**
 - 1-833-456-4566
This hotline deals with crisis support and suicide prevention
- **UP HUB**
 - A collection of peer-led tools and resources created to uplift York Region residents who are seeking services or need support":
<https://www.uphub.ca/en/index.aspx>
 - They also have a hard copy guide which they will mail out upon request. This guide is an outgrowth of the former York Region on a Limited Budget book
 - <https://www.uphub.ca/en/up-tools/yrlb-book.aspx?mid=10914>
- **BE THERE**
 - <https://bethere.org/Home> <https://bethere.org/Be-There-in-a-Crisis>
- **KIDS HELP PHONE**
 - <https://kidshelpphone.ca/>
- **ANXIETY CANADA**

- <https://www.anxietycanada.com/>

Services:

Joddie Walker, MSc., RP, CTTS, CTRP-Clinical

D.A.A.E.T.S.

Registered Psychotherapist

jwalkertrauma@gmail.com

@joddiewalker

FB Jodie Walker

jwalkertrauma.com

Contact:289-383-0355

Janice LeBlanc, BFA.(hons), BEd., DTATI, R.P, RCAT, CTRP-Clinical

Registered Psychotherapist

Registered Canadian Art Therapist

EMDR Therapist

Certified Trauma and Resilience Practitioner- Clinical

janart1@sympatico.ca expressitarttherapy.com

FB Janice LeBlanc Psychotherapy

Contact: 705-456-4221

Southlake Regional Health Centre, Mental Health Program

905-895-4521 ext 2215

www.southlakeregional.org

Markham Stouffville Hospital

Atlas Day Treatment Program

905-472-7530

www.msh.on.ca

Family Services York Region

22 Prospect St, Newmarket

(905) 953-1803

The Trauma Centre, Sharon

905-476-8826

www.thetraumacentre.ca

info@thetraumacentre.ca