

Kidsbridge@HOME



Are Your Teens Stressed?

Connect with your teen to help them move through stressful situations:

- Create a quiet space to talk without distractions.
- Listen! Slow down and hear what your child is saying before interjecting with an opinion or more questions.
- Put your phone down! Model being less distracted by your digital devices. This includes working, scrolling, or texting.



Ease stress & worry for your teens!

- Practice deep breathing
- Engage in physical activity & movement
- Eat meals together regularly
- Involve them in decision making!

Breathing for Teens

Try 4x4 Breathing! Inhale counting 1,2,3,4. Hold for 4 seconds. Then Exhale counting 1,2,3,4. Then hold empty for 4. Repeat 2-3 times.

Family Conversation Starters

- Describe the PEAK & PIT of your day
- Explain your PERFECT day!

For more FREE resources visit us at www.kidsbridgecenter.org