



WANT MORE PRACTICAL TIPS AND TOOLS FOR THE MENTAL HEALTH OF YOUR TEENS?

Discover our mental health toolkits created with the help of leading experts: **articles, podcasts, videos, talks, and more!**

fondationjeunesentete.org



Fondation Jeunes en Tête



@jeunesentete



Fondation Jeunes en Tête

THE IMPORTANCE OF A HEALTHY LIFESTYLE




Mental health is a construct of many factors rooted in **lifestyle habits**. The importance of **these factors should not be downplayed**. They have an impact on your teen's readiness to learn, their success, and their health and well-being.

HOW?

- Get between 8 and 10 hours **of sleep** every day
- Be **physically active** and eat a **healthy diet**
- **Limit** the amount of screen time

HELPING
YOUR TEEN
MAINTAIN THEIR
MENTAL HEALTH





Are you concerned because your teen sometimes seems stressed, anxious or depressed?

Here's some **practical advice** to help maintain their good mental health in spite of life's problems.

ENCOURAGE THEM TO BE KIND TO THEMSELVES

When your teen has a problem, they may tend to be self-critical. By showing them how **to talk kindly** to themselves, as they would to a friend, you can help them deal better with challenges and reduce stress and anxiety.

HOW?

- **They can recognize** that they are going through a difficult period
- **They can realize** that other people might be experiencing the same situation as them
- **They can think of** solutions to relieve their discomfort

HELP THEM GIVE THE PRESENT THE ATTENTION IT DESERVES



Does your teen often seem to have trouble managing their emotions or do they show signs of depression or anxiety? **Mindfulness** allows us to **take a break from our everyday lives** and break the cycle of ruminating about the past and anticipating the future, which creates stress and anxiety. Restoring this internal balance helps your teen become more optimistic and lowers their stress level.

HOW?

- **By taking a break in their day** to reconnect with the here and now. Some examples are playing sports, listening to music or taking a walk.
- **By engaging in mindful meditation.** Some examples are doing a body scan, focusing on their breathing, etc.



TRY TO BE A MENTOR TO YOUR TEEN



In the interest of your teen, the best attitude to take is that of **parent-mentor**. By guiding your teen and listening to them, without being a tyrant or a parent-friend, they are less inclined to engage in risky behaviour because no limits have been set and are better able to manage their anxiety.

HOW?

- **Discuss the house rules with your teen** and your expectations. Some examples are household tasks, school performance, how to express disagreement, etc.

