

Supporting Your Stressed Teen ...even when they are "FINE"

Watching your child struggle with anxiety, depressive thoughts and/or overwhelming stress can be one of the most difficult challenges we can experience as parents.

Here are some simple tips for us parents to support our teens with stress & anxiety:

- **Check our own stress levels.**
- **Be observant.**
- **Find opportunities to let THEM TALK and you listen (on their terms – **not yours.**)**
- **Be sincere & encouraging.**

Being equipped and prepared with strategies to help our child with anxiety and stress can be helpful not only to our child's mental health but also to our own.



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