

Self-Care for Teens



Self-care is when you take time to do things to improve your mental, physical, and emotional health. By taking care of yourself often, you are better able to cope with stress or other feelings that you may experience. Read below to learn how you can start practicing self-care!

Take a Break

As a teen, you probably have a lot going on in your life such as school, homework, chores, sports, clubs, recitals, or other activities or events. All of these responsibilities can be overwhelming. It can be helpful to try making your schedule lighter by taking a break from certain stressful activities, if you are able to. Even going out with friends can be stressful. Sometimes, you can just say “no, thank you”, and spend time on your own.



Do Your Favorite Things

When's the last time you did something fun? Sometimes when we get too busy, we stop doing things that make us feel happy. Make a list of hobbies and activities that you enjoy doing that you haven't done in a while. Make a plan to do the things on your list soon!

Disconnect

Sometimes it can be helpful to put down the phone and get away from social media for a little while. Always being on social media can have a negative impact on your mood. Instead, think of things that you can do that don't require electronics. What are you able to come up with?

Re-examine Your Friend Group

Do you have friends that stress you out or that always try to involve you in their drama? This can be harmful to your mental and emotional health. Make sure you are surrounding yourself with people that make you feel happy most of the time. Self-care includes staying away from people that might stress you out or cause you to feel anxious, sad, or upset.

Take Care of Your Body

Your physical health is very important in your ability to cope with stress and negative feelings. Make sure that you're getting enough sleep every night. Exercise often, and eat healthy meals. Stay away from unhealthy habits such as drugs, alcohol, or other harmful substances. It can be damaging to your mind and body and can also lead to addiction.