

RELAXATION STRATEGIES FOR TEENS

USE THESE SELF-HELP RESOURCES WHEN FEELING ANXIOUS OR OVERWHELMED!

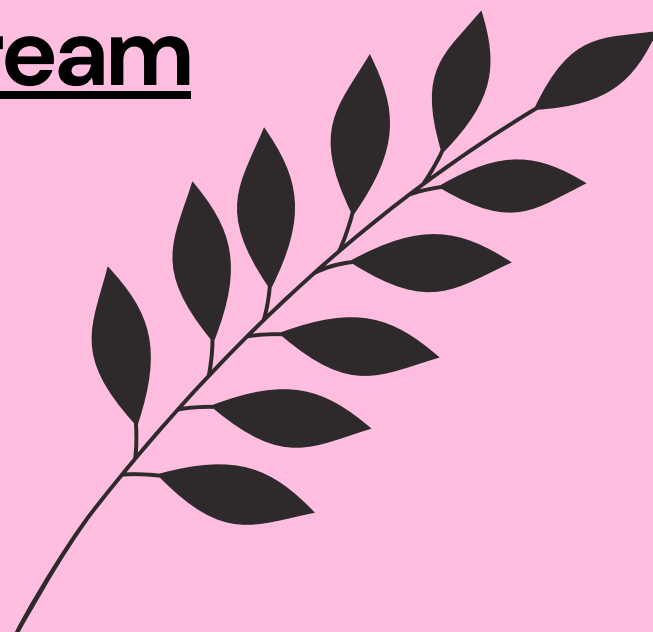


Breathing

- Square breathing
- 3 deep breaths
- Additional exercises

MINDFULNESS

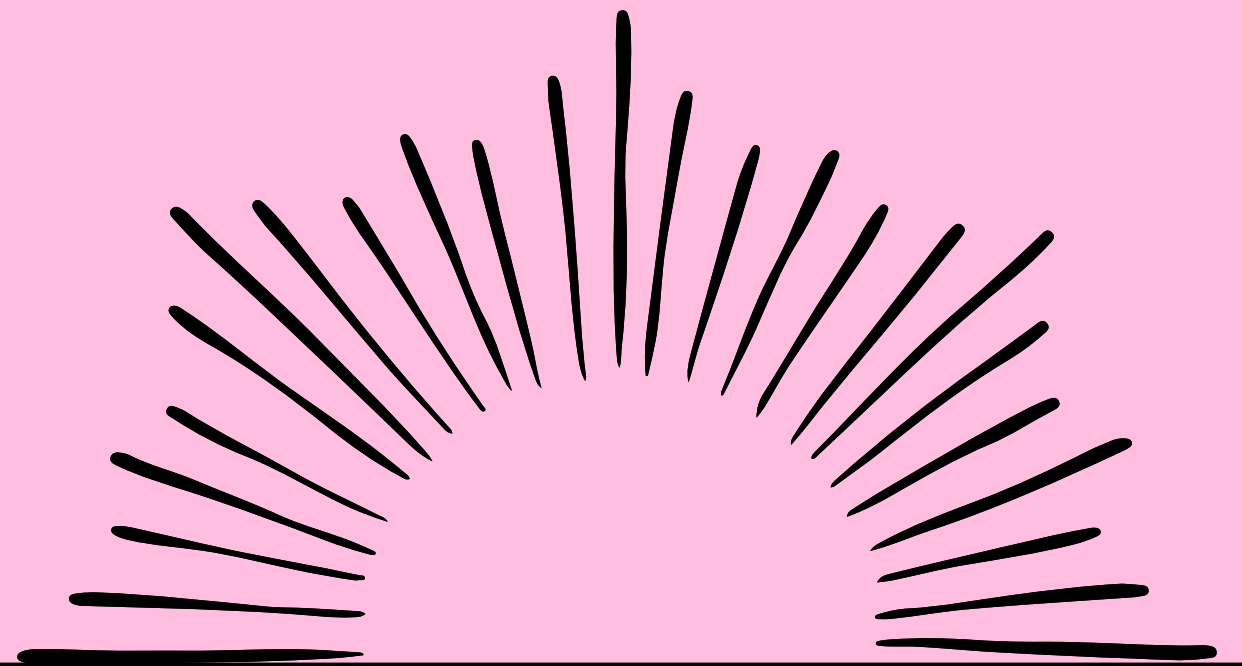
- Mindfulness for teens
- Leaves on a stream
- Body scan



Grounding Exercise

- **Five senses:** describe something you see, hear, smell, taste, and physically feel
- **Observe & describe:** describe an object in the room
- **Body scan:** notice how each part of your body feels

Progressive Muscle Relaxation



APPS

- Headspace Teens (free!)
- Calm
- Meditation | Down Dog (also has yoga)