

10 Stress Busters for Teens



When I talk to families about stress-busting and mood-boosting coping skills, they often respond, "This is great. Our entire family can use these!" Below, are ten of my favorite stress-busting and mood-boosting strategies for teens. I wish you happy stress-busting and mood-boosting in the days ahead!

Sincerely, Jed Jurchenko

1. Take a big, deep, breath.

Inhale through your nose, and exhale through your mouth. When kids find themselves in the midst of tense situations, this is also the perfect time for them to step away and reorient before deciding what to do next.

2. Squeeze an ice-cube.

This coping skill packs a double-whammy, as the squeezing of the fist and the cold of the ice take the focus away from problems and onto the present moment.

3. Schedule a time to be upset later.

For example, schedule ten minutes of worry at 5 pm. When the set time rolls around, some kids will find they no longer need it. Other children will want to stick to the schedule. In this case, children discover that they have some ability to manage their emotions.

4. Allow yourself five minutes to be upset now.

This strategy is perfect for children who are unable to wait. Simply, set a timer and allow your child time to vent. Listen empathetically. Provide comfort in the moment. Then, after the timer dings, shift into the present moment, where life is good. This is another excellent way to help children to increase their emotional control.

5. Look back to past successes.

As you do, remind yourself that you succeeded once, and you can most certainly do it again!

6. Find an excuse to smile and laugh.

Don't over think this one. Any excuse will do.

7. For a quick mood boost, list ten things that you are thankful for right now.

To make this even more powerful, encourage children to enlist the help of family members, and create a gratitude journal of 100 items or more. Not only is this an exciting challenge, an extended gratitude list is a powerful resource that children can refer back to during discouraging moments in their lives.

8. Name your feeling and list possible reasons you feel this way.

The simple act of verbalizing an emotion (or emotions) can bring clarity to the situation.

9. Squash A.N.T.'s.

A.N.T.'s is an acronym for automatic negative thoughts. Ants are annoying creatures that march into our homes, and A.N.T.'s are intrusive thoughts that invade our kid's minds. The solution is to recognize these buggers before they make mountains out of molehills. Then, squash them by replacing the negative thoughts with more rational, positive ones.

10. Tell yourself; This is an adventure.

Instead of viewing struggles as a catastrophe, decide they are an adventure instead. After all, it is likely that you will make new friends, develop valuable skills, and make fascinating discoveries along the way.

About The Author

Jed is passionate about helping people live happy, healthy, more connected lives by having better conversations. He is a husband, father of four girls, a psychology professor, therapist, and writer.

Jed graduated from Southern California Seminary with a Masters of Divinity and returned to complete a second master's degree in psychology. In his free time, Jed enjoys walking on the beach, reading, and spending time with his incredible family. He blogs at <http://www.coffeeshopconversations.com/>. You can get your copy of [131 Stress Busters and Mood Boosters for Kids, here](#).

