

Ways to Relax and Cope with Stress and Pain

For: Teens



Stress can be a large part of everyday life and cause a variety of emotional and physical problems. You can help make your mind and body stronger and stay healthy by learning how to relax.

Child Life Specialists

Child life specialists offer:

- Support for children and teens about their feelings, thoughts, and questions.
- Information and materials to help you learn about upcoming procedures and medical experiences.
- Coping resources and coping skills practice.
- Sessions to help you share your feelings and needs.

To contact a child life specialist:

Call: (816) 983-6870

Email: childlifeambulatoryteam@cmh.edu

Children's Mercy Patient Portal: Child Life Messages

Music

Listening to music can be very relaxing for your mind and body. It can also help slow your heart rate and lower the amount of stress in your body. Music can be a great way to distract you from the stress you are feeling and can allow you to explore your emotions.

Meditation

Meditation is using your mind and thoughts to get quiet, calm, and focused. It can train your mind to slow down, relax, and stay positive. Meditating for even a few minutes a day can help to reduce stress and anxiety.

One way to meditate is to take 3-5 minutes and close your eyes and picture things going the way you want them to. Another way is to take 100 breaths and try to only focus on counting them to help clear your mind.

Deep Abdominal Breathing

Deep abdominal breathing helps your mind focus on breathing and lowers tension in your body in your body.

- Try sitting comfortably in a chair with your head, back, and arms supported. You can close your eyes if you like. With one hand on your stomach below your ribs, take a slow, deep breath in. You should feel your hand rise. Then as you breath out, imagine all the stress leaving your body. Repeat this 10 times.

- **4-7-8 breathing:** Breathe in for **4 seconds**, hold for **7 seconds**, and breathe out slowly for **8 seconds**.

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Exercise

Being active isn't just good for your body—it can help your mind too. Exercise releases chemicals that boost your mood, lower stress, and even make pain easier to handle. Whether it's a sport, dancing, or just going for a walk, moving your body can help you feel more relaxed and in control. Remember to take breaks when you need them and follow any guidance from your doctor.

Self-Expression

Self-expression is the way you show your feelings, ideas, thoughts, or emotions. You can do this through writing, music, dance, or art. Something as simple as writing or drawing can help lower stress.

Resources



[Coping and Relaxation Tips - Children's Mercy](#)

Websites



empoweringparents.com



[For Teens: Creating Your Personal Stress-Management Plan - HealthyChildren.org](#)



cmkc.link/coping-with-stress



cmkc.link/exercising-to-relax



mindfulnessforteens.com

Apps

- [Calm](#)
- [Smiling Mind](#)

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