

Ways Teens Can Relax

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

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 instead of stress and lowers tightness in your body. Try sitting comfortably in a chair with your head, back, and arms supported. You can close your eyes. Place one hand on your stomach below your ribs. Take a slow deep breath in. You should feel your hand rise. Stop, and then as you breath out, imagine all the stress leaving your body. Repeat this 10 times. Another way to deep breath is called 4-7-8 breathing. This is done by breathing in for 4 seconds, holding the breath for 7 seconds, and then exhaling for 8 seconds.

Exercise

Exercise is a great form of relaxation because it gets your mind and body active. You can exercise in many ways such as running, sports, swimming, skateboarding, or dancing. This can be a great way to get rid of tightness in your body and be active. Make sure to take breaks and follow your doctor's directions.

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.

More Information to Help Your Teenager Relax

Websites

- empoweringparents.com
- <https://teenshealth.org/en/teens/stress-situations.html>
- [health.harvard.edu/newsletters/Harvard Mens Health Watch/2011/February/exercising-to-relax](http://health.harvard.edu/newsletters/Harvard_Mens_Health_Watch/2011/February/exercising-to-relax)
- mindfulnessforteens.com/
- [For Teens: Creating Your Personal Stress-Management Plan - HealthyChildren.org](http://HealthyChildren.org)

Apps

- Calm
- Smiling Mind
- Relax App-Relaxation Music

Child Life Specialists

Child life specialists help children cope with the feelings they may have about their illness, injury, disability, or hospitalization.

To contact a child life specialist:

Call the Child Life Education and Support Line: (816) 983-6870

Email: childlifeambulatoryteam@cmh.edu

Children's Mercy Patient Portal: Child Life Messages