

# TIPS FOR THE TEENAGERS

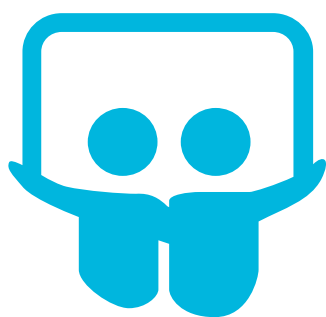


## MOVE

Put a mask on and go for a walk. Run in an isolated area. Bike. Lift weights. Hit a baseball. Shoot a basket. Play catch. Do yoga. Getting your body going can be the best way to practice self-care. It can also be a good time to connect with a family member or listen to a podcast. The endorphins help your body to feel good.

## TALK/LISTEN

Talk with your tutor, your parents, your sibling, your friend. Name your feelings. No judgement. Process what you are feeling. Listen to a friend. Repeat back what they are saying to you. Have empathy and compassion. Be curious about their perspective and journey. You are NOT alone nor are you the ONLY one feeling as you do. Connect so you can learn this.



## BE IN CONTROL OF HABITS

You are the master of your habits. If you stay up until 2am or spend your free time taking naps, these will become your habits. Instead, you can choose to sleep, exercise, eat well, balance your video game and social media time with activity and personal connections. These smaller actions become habit, which become a part of you!

## PLAY/BE IN A PROCESS

Spend time each day just doing something you like to do. Create art. Take photos & videos. Shoot baskets. Skateboard. Walk the dog. Jump rope. Sew. Play music. Play chess. Play cards. Bake. Cook. Write. Read. Watch movies. Learn a language. Dance. Craft. Draw. Act. Improv. Program. Garden. Design. Experience enjoyment in being creative.



## WRITE

Tell your story. Share your ideas. No one has your experience. The world will be impacted by understanding your ideas and your perspective. Consider writing as a way to release your experience - whether you decide to publish it for public view or not!

## BROADEN YOUR EXPERIENCE

Think about what you will say you did during this COVID-19 Pandemic. Did you stay in your room and play video games the whole time or did you learn or do something innovative? You only have one life to live and we'd love to see how your unique gifts make an impact on your development and that of the world!



**IF YOU NOTICE ANY CHANGES IN YOUR ENERGY LEVELS OR IF YOU DO NOT FIND ENJOYMENT IN WHAT YOU USED TO, SPEAK UP AND SAY SOMETHING TO THE ADULTS IN YOUR LIFE.**

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