

Mental Health Tips for Teens by Teens while Staying-at-Home

Children's Hospital Colorado's Youth Action Board consists of 17 high school students from across the Denver metro area plus Fort Morgan. They are passionate advocates for youth mental wellness aiming to create more caring, connective, and supportive environments for themselves and their peers. In this challenging time, they have developed this tip sheet to support teens across Colorado. <https://www.childrenscolorado.org/mentalhealth>

Important Things to Do and Remember

- Move! Getting your body moving, even inside, is going to help your brain.
- When studying, do the 50/10 method. 50 minutes of studying, then a 10-minute break.
- Create something, any kind of thing, to keep your brain engaged. Baking, drawing, etc.
- Get those 8 hours of sleep we're always told are so important and never have time to squeeze in. Maybe even take a nap.
- Routines are difficult to develop when things are ever-changing, but they also help make this chaos feel more organized. Force yourself to have a routine, a bedtime and wake-up time every day. Not a fan fave, but it's really good for us, especially as school ramps back up.
- While staying up-to-date as things progress, remember that a little less screen time is a good thing! Use your socials to connect with people more than keep up on the news; and when the news gets overwhelming, tell your friends you're signing off for the day and just sign-off.
- It can feel super scary out there, but it is still important to get outside and breathe in the fresh air. We are Coloradans still, so we need it. Take a moment for yourself outside.

Lean In to Your Friends and Family

- Talk with your siblings! Remember them? Even if they are younger, they can be fun! Teach them what you love to do! Dance parties are highly suggested :)
- Talk with your parents and spend time with them. Try to have family dinners, play a boardgame, or watch a movie together.
- Call your friends. Check-in if you haven't heard from them in awhile.
- Create study groups and do work together.
- Do things for others if you can while practicing physical distance. If you're going to the store, see if a friend or neighbor needs something. Drop it off and wave from a distance.
- Get crafty. Make friendship bracelets and send them in the mail.

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- Start a gratitude snap/text chain.
- Remember EVERYONE is stressed out and just be extra kind when you do come in contact with other people.
- Try connecting with friends and family in fun ways like writing letters, going on group facetimes, sharing and creating playlists, playing online multiplayer games, or even watching a movie on Netflix with them.

Things to Do While You're at Home

- Look for free virtual experiences to help with the challenge of not being able to leave the house. <https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>
- Try those new hobbies out you've been wanting time for. Bring out that ukulele you never get a chance to play. Branch out.
- Start that meditation practice you know is so good for your mental health. [Here's a free resource](#) that can get you started.
- Doing something small that you can accomplish and brings you joy. Knit a small square even.
- Reorganize your room or a room in your house. Redecorate and declutter, make your space feel new and fresh.
- Get back to what you used to love and enjoy before being so busy with school and life Cook, bake. Go old school.
- Giving up sports is hard, but keep up your activity level and strength for when they start up again. Create new goals to conquer while working out on your own.
- In some kind of book club or just enjoy reading and writing? Try joining an online book club or a writing competition, even just journaling!
- HBO offers movies that are in theaters now that you can pay for; however, Showtime does have free movies.
- Arts and crafts! Whether it's painting, drawing, knitting, or anything else, there are plenty of Pinterest projects online.
- Exercise, take a walk, a bike ride, find a work-out or yoga video online that fits you! [This is just one that many have seemed to enjoy.](#)
- Try to practice a few educational things throughout this time when you aren't in school. [Here's a list of free educational resources.](#)
- Remember this time is difficult, so be kind to yourself. Try having a self-care day.

More Useful Tips

- Learn how to respond to someone in crisis. Here's 2 of many resources:
 - <https://www.nami.org/Get-Involved/NAMI-FaithNet/Tips-For-How-to-Help-a-Person-with-Mental-Illness>
 - <https://riseaboveco.org/How%20to%20Be%20a%20Good%20Friend.pdf>
 - <https://www.psychologytoday.com/us/blog/laugh-cry-live/201810/10-tips-offering-real-comfort-people-in-crisis>
- Remember that it can be stressful to all be in the house together, so this is a great time to practice your conflict resolution strategies. Here are some simple resources:
 - <https://www.psychologytoday.com/us/blog/turning-point/201506/3-steps-resolving-conflict-within-your-family>
 - <https://www.verywellmind.com/conflict-resolution-skills-for-healthy-relationships-3144953>
- Be nice. Be extra appreciative of our essential workers - grocery stores, mail carriers, delivery people, janitors. Write letters of gratitude.

Free Resources

Food: 1- 855-855-4626

Internet

Mental Health Services: 1-844-493-8255, Text "TALK" to 38255

Domestic Violence & Sexual Assault Support Services: 1-800-799-7233; 303-322-7273

Resource Guide for the Denver Metro Community