Ways to Help Your Teen Care for Their Mental Health

World Teen Mental Wellness Day is March 2. When one enters their teenage years, they enter a complex and emotional time of their life.

With the pressure of school, hormones, social circles, and so much more weighing on our teens, now is one of the most critical times in parenthood to support your child’s mental health.

However, not every parent is a mental health professional. Some parents have never thought much about mental wellness, considering the stigma around mental health that has deemed the topic too taboo for discussion.

Regardless of your knowledge about mental health, you play a critical role in your teen’s well-being and can be a key teacher in helping them navigate the ups and downs of adolescence. If you have no idea where to begin when it comes to helping your teen care for their mental health, don’t worry—we are here to help. Here are some ways to help your childcare for their mental health.

## Foster Open Communication

One of the most important things you can do as a parent for your teen is to let them know you are safe to open up to. Encourage your teen to express the complicated thoughts, feelings, and events they are experiencing. As they open up to you, create a space that allows them to be free of fear of judgment or punishment. Listen wholeheartedly, validate their experiences, and offer love and support.

## Promote Healthy Habits

Practicing healthy habits is essential to maintaining mental resiliency. Promote healthy habits and routines, like exercise, balanced nutrition, adequate sleep, and mindfulness, by setting an example and encouraging your child.

## Teach Healthy Coping Skills

Coping skills are vital to maintaining resilience against stressful and upsetting situations. Teach your teen coping skills like:

* Relaxation techniques, like deep breathing and meditation
* Problem-solving skills
* Positive or neutral thinking

## Set Realistic Expectations

You can teach your teen how to set realistic goals that guide them toward success without crushing them under immense pressure. Avoid setting unrealistic expectations and standards for them and encourage a healthy balance of self-care and productivity.

## Encourage Healthy Relationships

Your teen is learning how to navigate their social life and health. Help them learn how to build healthy relationships by teaching them the signs of toxic relationships and encouraging healthy communication, boundaries, and respect for themselves and the people around them.

## Monitor Screen Time

Screen time can significantly impact a person’s mental health. Excessive screen time can negatively impact one’s mood, quality of sleep, and overall well-being. While screen time can be enjoyable in moderation, encouraging other hobbies, like sports, crafting, reading, or spending time outdoors, can help your teen feel fulfilled and healthy.

## Know the Warning Signs

Know when your teen is exhibiting signs of struggling mental health. While this can look different for different people, a few common [warning signs of mental illness](https://namica.org/warning-signs-of-mental-illness/) include:

* Excessive worry or fear
* Low moods, irritability, or extreme mood swings
* Social isolation
* Changes to eating or sleeping habits
* Delusion or hallucinations
* Substance abuse
* Inability to perform daily activities
* Excessive concern with weight or physical appearance
* Changes in school performance
* Thoughts of death, suicide, or self-harm

## Seek Professional Support

If your teen is struggling with their mental health or needs someone to talk to, seeking the help of a mental health professional can be immensely valuable. If you need a therapist for your teen, we are here for you. [Reach out today](https://www.michiganpsychologicalcare.com/contact.php), and we will partner with your teen to get them feeling happier and healthier.

**References**

<https://namica.org/warning-signs-of-mental-illness/>

Keywords: mental health, bullying, relaxation techniques, teen mental wellness