

Self-Care Resources for Teens



Apps are an easy way to learn coping skills, track feelings, and develop mindfulness.

MindShift CBT - Anxiety Relief

Free for Apple, Android

Uses Cognitive Behavioral Therapy strategies (CBT) to manage anxiety and stress. It includes journaling options, belief experiments, comfort zone challenges, calming audio, and more.



Headspace: Meditation and Sleep

Free for Apple, Android

Introduces teens to short meditation sessions for restful sleep, as well as practicing breathing techniques, becoming aware of environmental sounds, and more.

Apps are an easy way to learn coping skills, track feelings, and develop mindfulness.

Smiling Mind

Free for Apple, Android

Offers different mindfulness programs and activities for different age groups (such as 10-12, 13-15, 16-18). It also offers sleep meditations for kids and teens.



Sanvello

Free for Apple, Android (in-app purchases)

Includes coping tools, daily journaling and mood tracking, community, and even therapy. It also features meditation and goal tracking.

Premium content may be covered by your health plan.

Developing and practicing healthy self-care activities are vital for maintaining and improving your well-being.

Set an alarm to remind yourself to take breaks, or to remind yourself to start your self-care routine. Making self-care a habit makes it more helpful in the long run.

Moving your body—whether it's yoga, swimming, or walking—is a natural way to connect with your body and even increase energy.



Watch your favorite movie or TV show; entertainment is a great way to unwind and relax.

Developing and practicing healthy self-care activities are vital for maintaining and improving your well-being.

Spend time away from your phone. Disconnecting, even for an hour, can help you relax and focus instead on listening to your body and mind.



Playing with or walking your pet can help you ground yourself when you're feeling overwhelmed, anxious, or stressed.

Channeling your emotions into art, whether it's drawing, writing, making music, or painting, is a great way to process and understand your emotions.

WHO WE ARE:

Step Up For Mental Health® is a nonprofit organization whose mission is:

"To educate, fight causes and change minds about mental health and its impact on families."

We offer Helpline Support, Peer Support groups and One-on-One Peer Chats, small grants for those in need, and more.

You can learn more about us and our programs on stepupformentalhealth.org.

