



Mental Health Resources

chosen by teens for teens



Anxiety

[What is Anxiety?](#)
[Coping with Anxiety](#)
[Meditation](#)
[Mindfulness](#)



Depression

[What is Depression?](#)
[Tips to Help with Depression](#)
[How to Talk to Parents](#)



Stress

[What is Stress?](#)
[Coping with Stress](#)
[Relaxation Breathing](#)
[Managing Emotional Reactions](#)
[Optimism](#)
[Stress in Sports](#)



Overall Health

[What is Emotional Intelligence](#)
[Body Image and Self Esteem](#)
[Healthy Relationships](#)
[Substance Use](#)
[Texting and Driving](#)

Words of Encouragement from the Resilience1220 Youth Advisors:

“Find Balance. Prioritize what is most important (work, school, home, activities) and say no to adding more if you don’t have time. Setting boundaries around your time helps reduce stress. It’s ok to say no.”

“Exercise”
“Get out in nature.”
“Stay on top of stuff. Just get it done. Don’t procrastinate.”
“Make lists to organize yourself and check things off your list.”
“Breathe!”

More Resources Available at [Resilience1220.org/Resources](https://resilience1220.org/Resources)

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