

# 4 Top Ways for Teens to Manage Stress

1. Take a Break...this could be a short break when you finish reading a chapter or after you complete a certain number of math problems. Consider 50 mins of work then a 10 minute break.

3. Get grounded...not by getting in trouble from your parents! But rather, connect to yourself. Feel your feet on the ground, the chair supporting you, the keyboard under your finger tips. What do you notice?

2. Get out of your head by engaging in acts of kindness and expressing gratitude to those around you...say THANKS and see how YOUR stress minimizes!

4. Connect to your breathing. Inhale through your nose like you're smelling your favorite freshly baked cookies...hold it...then exhale out of your mouth like you are blowing out your birthday cake candles. Repeat 3-5 times.



**Trailblazer Therapy**  
Heather Ayers-Cluff, LCSW, PPSC



SCAN ME

Contact me for additional resources & support:

[www.trailblazertherapyinfo.com](http://www.trailblazertherapyinfo.com)

email: [heather@trailblazertherapyinfo.com](mailto:heather@trailblazertherapyinfo.com)

Offering in-person therapy in SF and telehealth services throughout CA