

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

Supporting Teens in Reducing Their Stress (and Ours)

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Social Support and Positive Risk Taking Are Protective Factors

- The adolescent brain is both more anxious and more likely to take risks, so encourage *positive* risk taking
- The presence of same-aged peers, including social media, increases blood flow in frontal lobe brain regions associated with risk taking
- As positive social support increases, symptoms of depression, anxiety, and self-harm decrease significantly

Power Down Your Brain Once a Day

- Sleep deprivation (6 hours or less/night) increases the need for brain rest through meditation or a nap
- Meditation, naps (10 minutes or less), or mindless activities are mood stabilizers, especially in the late afternoon or evening
- Daily meditation reduces blood cortisol levels by up to 30% and improves decision making

Find Your Better High – and Bring Your Kids

- Shaping teenage behavior by “saying yes” to a natural high is more effective than scare tactics
- Being a role model, by engaging in your natural high (e.g. running, hiking) with your kids, speaks louder than words
- The neurotransmitter anandamide, released after 30 minutes of exercise, is structurally similar to THC, the active ingredient in marijuana, but without the negative side effects (e.g. memory impairment, cognitive dysfunction, mood instability, potential for addiction)
- Taking 60-90 minute nature walks increases well-being, especially in the presence of nature sounds like birds chirping and water flowing

FIND OUT MORE

READ MORE ABOUT NATURAL HIGHS

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