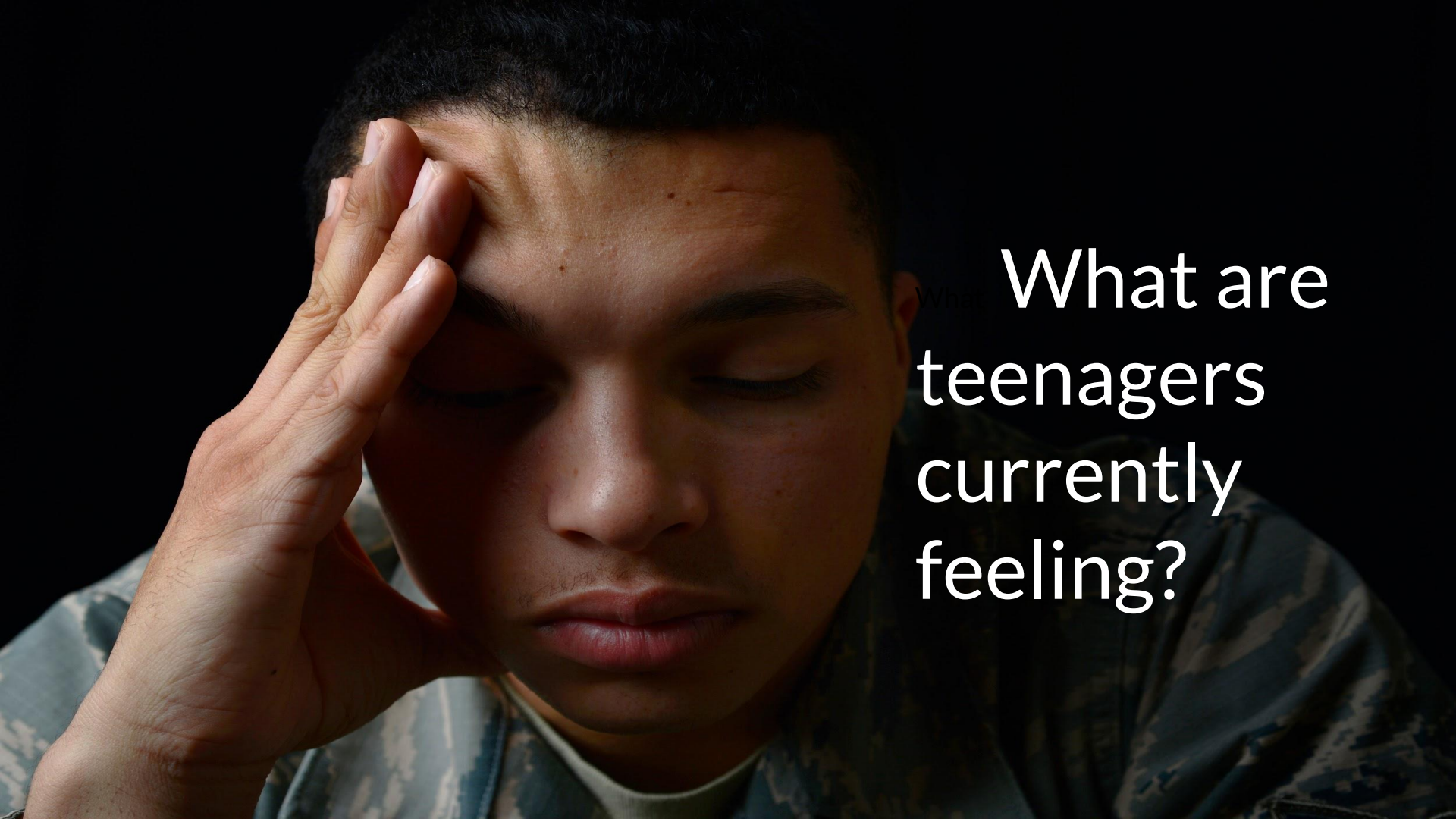




PARENTING GREATNESS:

**Teen Stress & Anxiety During An Uncertain Time:
Warning Signs, Practicing Self-Care, And How To Restore
Faith & Hope**

Presented By: Christa Codoluto, LMSW & Very Rev. James Kuroly

A close-up photograph of a young man with dark hair, wearing a military-style camouflage uniform. He is looking down with a somber expression, and his right hand is pressed against his forehead. The background is dark, and the lighting is dramatic, highlighting his face and hand.

What are
teenagers
currently
feeling?



- STRESSED
- ANXIOUS
- DEPRESSED



Statistics That Are Alarming

- Depression, Anxiety and Behavioral disorders are among the leading causes of illness and disability among adolescents
- Depression and anxiety symptoms in youth have doubled since the pandemic according to the US Surgeon General's report
- 61% of all students said that the pandemic increased their feelings of loneliness
- Suicide is the fourth leading cause of death among 15-29 year olds
- Globally, 1 in 7 10-19 years olds experience a mental disorder, accounting for 13% of the global burden of disease in this age group.
- The consequence of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.



What Stressors Do Teenagers Normally Experience?

- Starting High School/Applying to College
- Academics/Exams
- Family Dynamics/Changes
- Friendships/Bullying/ Peer Pressure
- Relationships
- Work
- Thinking Independently for the first time
- Making Decisions/Temptation
- Hormones

What Does Depression Look Like For Teenagers?






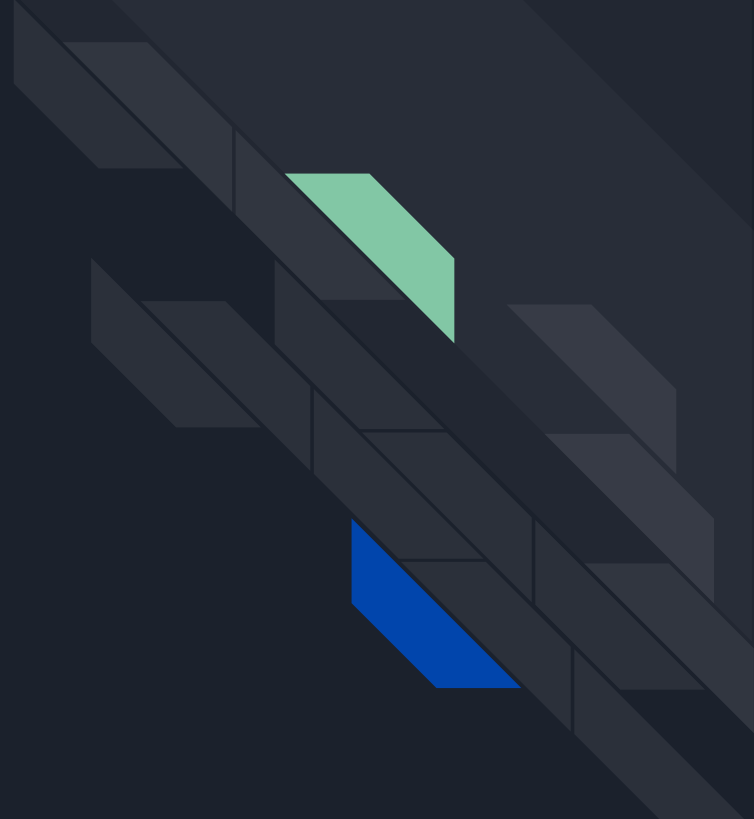
Other Feelings Associated With All of The Stress


- Fear & Uncertainty
- Loneliness/Isolated
- Sadness
- Grief-loss of family, friends, social connections, sports & activities, life as they knew it and school community
- Unsafe
- Anger
- Trauma (PTSD)
- Confusion
- Exhaustion (physically, emotionally, mentally)
- Hopeless & Helpless
- Parents unemployment/financial instability
- Academic challenges going back and forth to remote learning

This Generation is a generation that learned from the millennials and likes to be more private. Instead of constantly posting, they are more closed off about sharing feelings and turn to anonymous apps for interaction and assistance. They feel they will not be judged and are validated by their online community.



Remember that
thoughts create your
child's feelings and their
behavior reflects those
feelings.





How Teenagers Cope with Uncomfortable Feelings When They Feel They Cannot Speak to An Adult They Trust

- Reach out to online friends through anonymous Apps which poses safety concerns (Discord, Omegle, etc.)
- Further isolate and become depressed
- Engage in High Risk Behaviors
- Eating Disorders-Not eating or binging
- Numbing with alcohol/drugs
- Self-harming
- Suicidal thoughts/attempts



How Do You Restore Hope?

- We build resilience by helping our children feel comfortable identifying their feelings, actively listen & validate how they feel, and assist them in finding ways to regulate uncomfortable emotions in a healthy way.

How to Restore Hope Spiritually





What is Resilience?

“Resilience is about more than bouncing back. It is about adapting, growing, and becoming stronger. It is about being ready for the next challenge while also being prepared and ready to accept all of the good that is still left to experience in life”.

(Healthychildren.org)

(*Ability to Achieve Positive Outcomes)



How do We Build Resilience? (The 3 R's)

- **Reassurance**-Reassure your child of their safety and remind them of all the people that can help.
- **Routine**-Routine provides a sense of safety and predictability, which are very important in times of crisis and uncertainty. Create as many routines at home as you can.
- **Regulate**: Self-Regulation is key to becoming resilient and emotionally aware. Lack of self-regulation is the #1 reason that teens self-harm.

*adapted from LICC



How Can Your Child Self-Regulate and Shift Their Negative Emotions

- Identify feelings-journal, how does it feel in your body?
- Exercise, taking a walk, and activity
- Mindfulness, Deep breathing , Grounding techniques, Progressive Muscle Relaxation exercises
- Listening to music
- Talk to a trusted adult
- Service-helping others and feeling needed
- Self-care (sleep routine, drinking water, eating healthy)
- Gratitude journal (name 3 things you are grateful for before bed)



Tips for Parents

- Be honest & validate how they feel
- Actively listen while being non-judgmental
- **Model:** self-care , share your own coping strategies, and regulate your own emotions
- Create a Peaceful environment at home
- Point out their strengths that they may not recognize
- Be flexible and choose your battles (missing the big things because you are focusing on the little things)
- Do not lecture or make comparisons to others
- Watch how you speak to your child about what is happening-language can be scary or triggering
- Connect with them-it may help them feel more comfortable speaking with you



Tips for Parents Continued....

- Schedule a time each day (15-20 mins) to discuss their day. Let them tell you about the good and the bad and it becomes routine.
- Let your children know how they make you feel and the good things you like about them
- Help them take ownership of their own health
- Do not take their behavior personally-they are trying to work through something difficult
- Reduce Screen time
- Instill significance in their life (Help them find their purpose)
- Help them take a negative thought and show them how to reframe it in a more positive way
- Model-To have HOPE & always keep the FAITH

Most importantly: Oxygen Mask Theory





Resources

- SAMHSA-1-800-662-HELP
- Speak with your Pediatrician regarding your concerns so that they can also evaluate the situation
- NYC WELL- Text WELL to 65173 or Call 1-888-NYC-WELL
- Cohen's Children's Hospital Pediatric Behavioral Urgent Care (walk-in) (ages 5-17)

718-470-3148 Virtual visit- 718-470-3148

Cohen Children's Medical Center (lobby level)

269-01 76th Ave.

New Hyde Park, NY 11040



Important Links

- <https://www.healthychildren.org/English/ages-stages/teen/Pages/Mental-Health-and-Teens-Watch-for-Danger-Signs.aspx>
- <https://www.samhsa.gov/find-help/national-helpline>
- <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>
- <https://www.nytimes.com/2022/04/23/health/mental-health-crisis-teens.html>
- <https://www.cdc.gov/media/releases/2022/p0331-youth-mental-health-covid-19.html>
- www.psychologytoday.com
- <https://childmind.org/article/how-to-help-your-depressed-teenager/>
- <https://youtu.be/moS9tNzJkMk>
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Questions

