

LiveWell Teens Strategies©

TALK TO SOMEONE

Talk about mental health, ask for support, and strengthen your communication skills through honest sharing and active listening.

CHALLENGE MENTAL HEALTH STIGMA

Explore how your cultural and family beliefs about mental health affect the way you think, feel, and act. Share your unique story to empower yourself and inspire others.

PRACTICE MINDFULNESS

Bring your awareness to the present moment, be curious about what arises without judgment, and recognize that all thoughts and feelings will pass. Remember your passing thoughts and moods do not define you.

FOCUS ON YOUR STRENGTHS

Develop self-compassion by challenging negative thinking and self-talk. Identify the positive qualities that support your mental health, and celebrate your resilience.

LIVE YOUR BEST LIFE (TAKE ACTION)

Get off your screen, out of your head, and into your life by engaging in activities that further your personal goals, support your mental health, and bring you joy.

LIVE WITH A PURPOSE

Commit time and energy to things that are meaningful to you, and positively influence the wellbeing of your peers and community.

CREATE SUPPORTIVE CONNECTIONS

Avoid isolating by building and maintaining relationships with supportive and empathetic people who share your positive values.

LIVE AND LEARN

Empower yourself through knowledge: learn about mental health issues, identify and focus on the things you can control, and discover what helps you.

BE PREPARED

Learn to identify triggers that increase stress or threaten your mood, and utilize your creative problem solving skills, Action Plan, or Crisis Plan

DO WHAT YOU CAN, WHEN YOU CAN

Accept the ups-and-downs of managing your moods, integrate self-care into your daily lifestyle, and trust your unique process of self-discovery and personal growth.

