



10 Self-Care Tips for Teens and Young Adults

Why self-care? Gen Z is one of the loneliest and stressed generations out. This has only been worsened by the pandemic. It's important to take care of our own mental health and prioritize looking after oneself, especially as you grow up.

1. **Carve out time.** You need time, and it has to be part of a daily routine. It's not always easy to set time aside with everything going on in life, but learning take time is important.
2. **Meditation.** Mindful meditation has proven to change the structure and function of the brain, and it's a fabulous way to promote relaxation while reducing anxiety, depression, and stress.
3. **Exercise.** Working out comes in many forms: training for strength, endurance, aerobic activity, or just simply taking a walk. Exercise not only gets you physically fit, but it's a natural way to help decrease depression and anxiety.
4. **Get some sleep.** Easier said than done, but sleep deprivation is detrimental to a person's thinking, and their physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best.
5. **Creative expression.** Choose a creative outlet to convey your thoughts and feelings. This could be journaling, painting, drawing, photography, dancing, or playing music. The key here is channeling your emotional state through an art form.
6. **Play with a pet.** If you are lucky and can have a pet, there may be few better ways to foster self-care. If you have one, you know what I mean. Cuddling with a pet, taking care of them, and feeling their unconditional love is something we rarely experience on such a consistent basis.
7. **Meet and communicate with friends.** Research has found that meeting with peers and talking about what's going on prevents burnout, promotes well-being, and fosters resilience.
8. **Appreciate nature.** There's a reason we treasure our state and national parks, waterways, and beaches. There is something to our relationship with the outdoors that makes us feel good, if we can allow ourselves a few minutes not to rush or be disturbed by our ring tones.
9. **Take time away from screens.** It's hard, but you can take a break, even for just part of the day. Once you try it, you may actually find it refreshing to have a break from the constant notifications.
10. **Do something for someone else.** Our brains are wired for giving. In fact, the chemicals released by the brain during the process of giving is far more rewarding than when we receive gifts. Join in on local efforts, such as in community centers, soup kitchens, or after-school programs.

Thanks for all you do to support a young person in your life. It really makes a difference.

For more resources on self-care, visit us online: mghclaycenter.org/topic/self-care

