

# Parenting Resilient Teens and Building Healthy Routines

Durham Region Health Department

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# Agenda

- Activity
- Mental Health
- Resiliency
- Healthy Routines
- Self-Care and Positive Role Modelling
- Community Resources and Supports
- Questions



# A Quick Activity





# True or False:

Mental health and mental illness  
are the same thing



# Mental Health

“A state of well-being in which an individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community”

(World Health Organization, 2001)

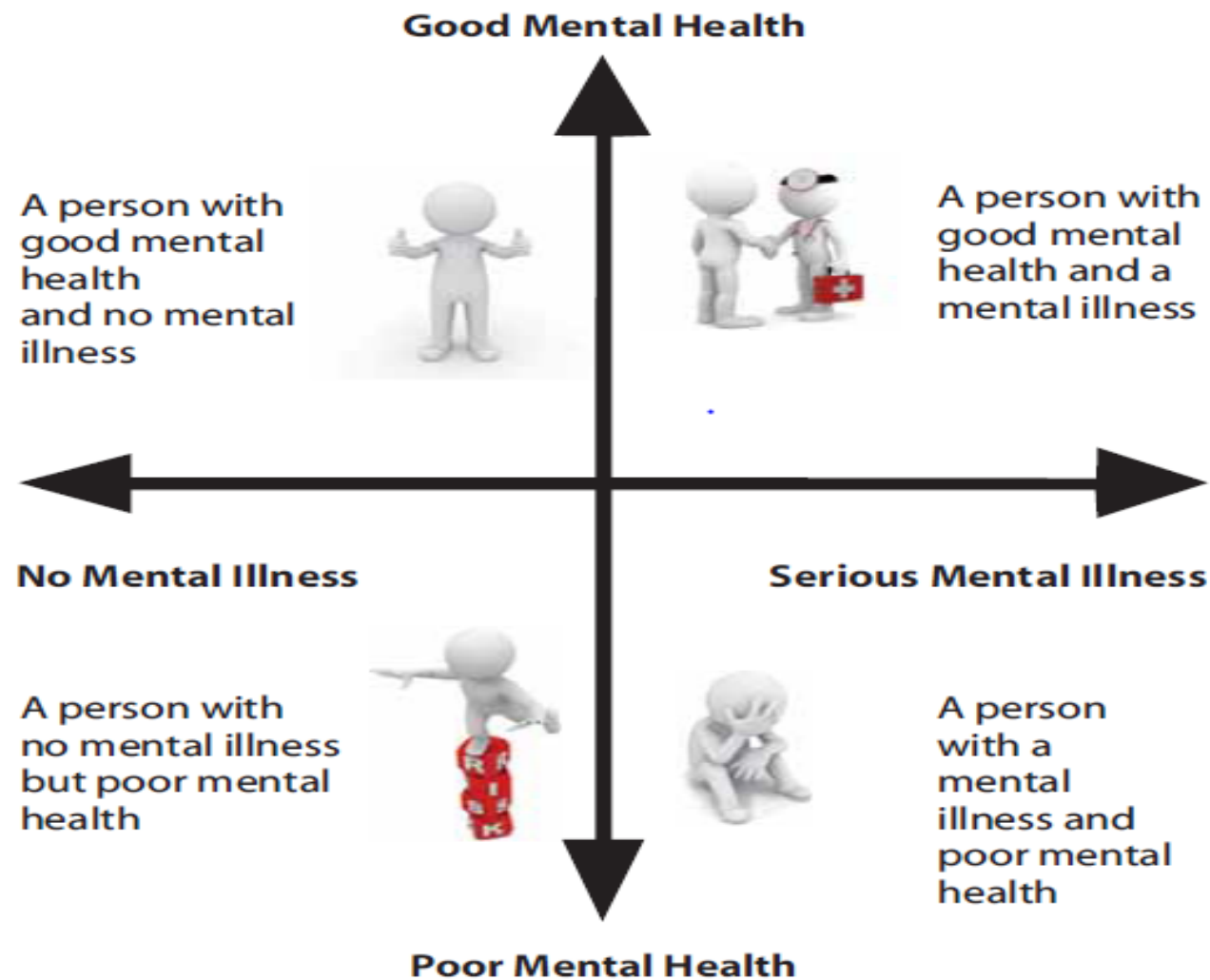




# Mental Illness

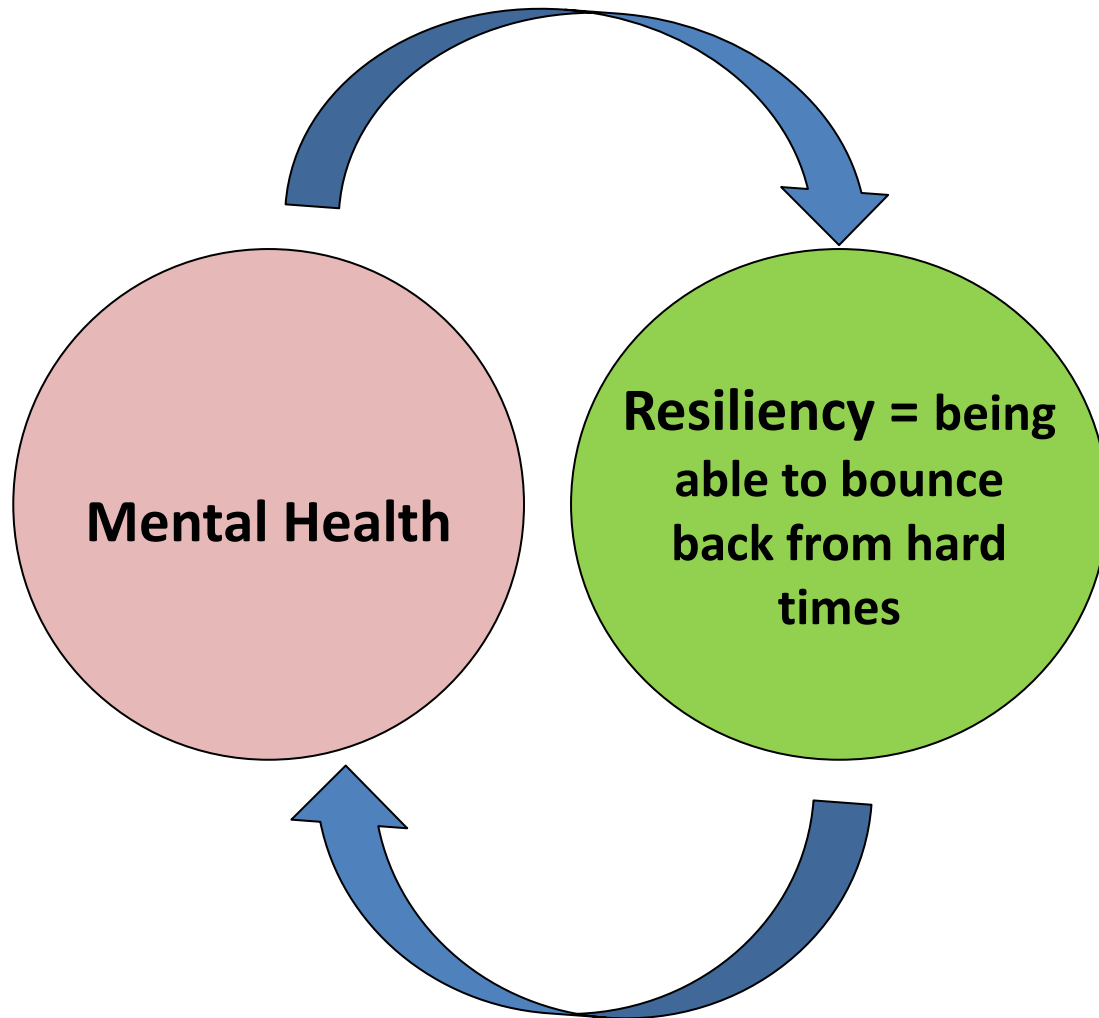
- A mental illness is when a person is diagnosed with a problem that alters their thinking, mood and/or behaviour
- Examples of mental illness include depression, anxiety disorder, schizophrenia and bipolar disorder

# Mental Illness and Mental Health





# Resiliency & Mental Health





## To become more resilient teens need:



Supportive Relationships



Healthy Coping/ Healthy Routines



Optimistic Thinking



Emotional Awareness



Skills for Living



A positive relationship with a caring adult helps build resiliency.



# Activity

Share with the group ways you create supportive relationships with your child.

# Things you can do

Have family meals together.



Give support and guidance.




Turn off distractions and give your teen your full attention.



Have routines and limits with fair consequences if rules are broken.





Accept your teen for who they are.



Get to know their friends.



Find shared interests and do them together.





# Support When Your Teen is Struggling

- Reassure your child that they can tell you anything and you will not get angry with them (even if you get scared)
- Stay calm. Take care of yourself and your own wellness so you can be in a good place to help your child
- Try to take pressure off where you can
- Listen to your child as they describe their thoughts and emotions. Try not to judge, jump in with quick solutions, or minimize the concern
- Inspire hope
- Help your child to look for positives and things to be grateful for, even in tough situations

# Support When Your Teen is Struggling

- Engage in identity-affirming activities. Encourage the exploration of cultural and social activities to help develop a sense of cultural identity and self esteem
- Consider helping your child to find opportunities to do something nice for others
- 15-20 minutes of dedicated one-on-one time
- Reassure to your child they are not alone and together you can find further help if needed



Healthy routines and good coping skills will help your teen better respond to stress

- 8-10 hours of sleep per night
- Nutritious food to fuel the mind and body
- 60 minutes of physical activity daily
- Mindfulness

## GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



**SWEAT**



**STEP**



**SLEEP**



**SIT**

### SWEAT

#### MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

### STEP

#### LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

### SLEEP

#### SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

### SIT

#### SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.



# Sleep

Getting enough sleep helps your child:

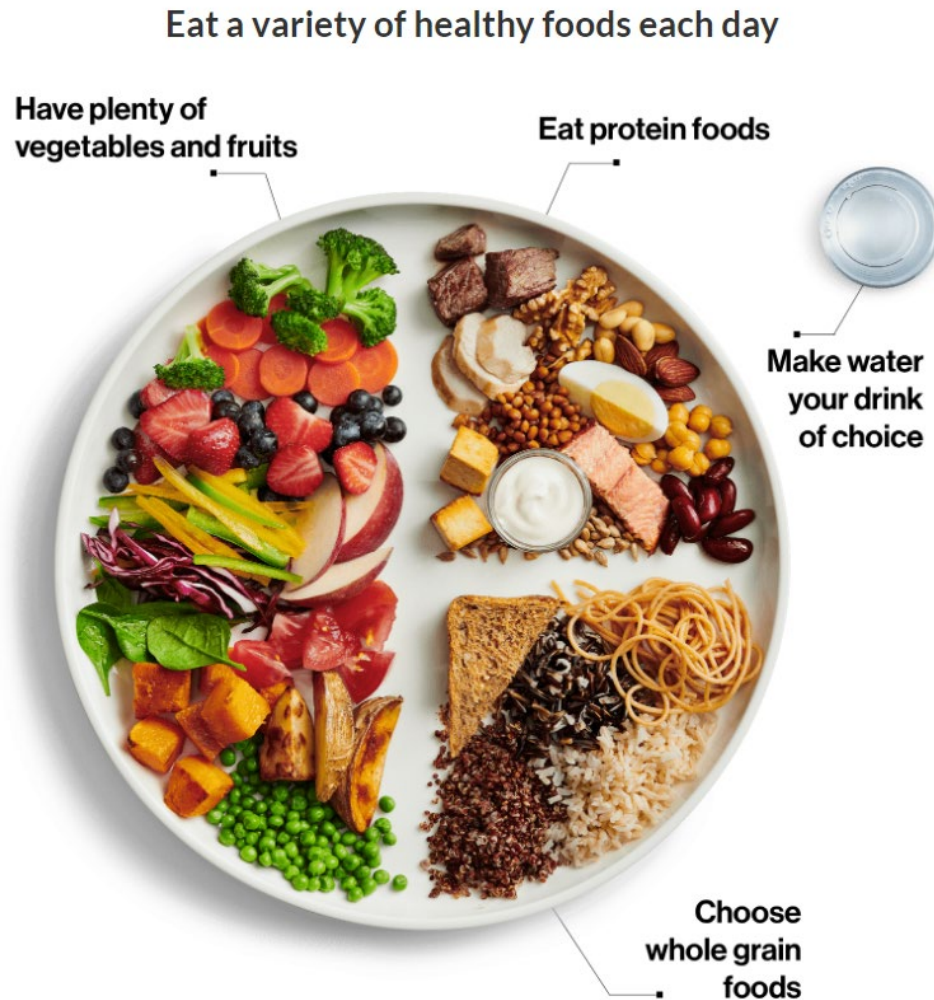
- Have enough energy to get through the day and be physically active
- Cope with feelings and emotions
- Grow and develop to have a strong and healthy body
- Be more settled and alert in school which helps with learning and memory
- Fight off infections and stay healthy by strengthening their immune systems

1

# What can help us sleep?



# Canada's Food Guide



Healthy Eating is more than the food you eat

- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others

[Canada's Food Guide](#)

# Healthy Food Ideas

- Healthy snacks include vegetables and fruits, and at least a whole grain or protein food or both (veggies and dip: mini carrots + hummus)
- Healthy meals include vegetables and fruits, whole grain foods and protein foods (Wraps/sandwiches: lettuce and sliced tomatoes/peppers + whole grain tortilla + grilled chicken breast)



# Mindfulness

- Helps to connect to self
- Connect to others in the community
- Be in the present moment and aware of our thoughts and feelings
- Supports positive mental health
- Reduces stress and anxiety
- Free mindfulness Apps:
  - Mindfulness Coach
  - Smiling Minds
  - Breathr
  - Calm

# Mindfulness Practice





Looking for the hopeful side of things can help your teen see challenges as opportunities.



- Optimistic thinkers are shown to have better health.
- As part of a teen's normal development they often see problems as being worse than they are.
- Optimistic thinkers realize that things don't always come easily but are worth working for.





Write a positive thought on a sticky note and put it where your teen will see it

Suggest to your teen that they reframe their thoughts from,

“I can’t do it,” to,  
“I can’t do it, yet.”



Be your teen’s cheering section and their biggest fan





# EMOTIONAL AWARENESS



The teen years can be filled with big emotional ups and downs.

Understanding emotions helps your teen respond well to their own feelings and to others.



Understanding their emotions helps teens to:



Use good judgment



Have empathy & practice kindness



Resolve conflict



If your teen seems upset, listen, support and guide them through it.

Talk with your teen about volunteering and sharing their skills with others.

Things like, deep breathing, counting, yoga or martial arts can help your teen manage their intense feelings.



Solving problems, making decisions, and learning new skills will help your teen succeed in life.



## Competent teens:

- Think things through and find solutions
- Adapt to change in positive ways
- Assess risks and set limits
- Know when to ask for help
- Learn from experiences



Give your teen opportunities to show they can be trusted



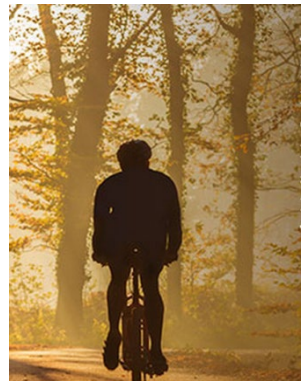
Help your teen develop life skills



Help plan a meal with your teen, shop, cook and eat it together.

# Positive Role Modelling

- Make time to do the things you enjoy
- Spend time with people you love
- Pick your battles
- Work on having a good work/life balance
- Role model healthy coping strategies by:
  - Coping with stress in healthy ways
  - Dealing with mistakes and conflict in positive ways





# PARENTS SELF-CARE

Taking care of yourself will help you better respond to your teen.



# Resources and Community Supports

- Teens Can
- Creating Healthy Routines
- [SMHO](#)- School Mental Health Ontario
- Be Safe App- a free mobile app to support young people reaching out during a crisis
- [Kids Help Phone](#)- 24/7 support for kids, teens and young adults online, by text or phone
- [211Central.ca](#) — website providing 24/7 community information and referral helplines for health and social services (i.e., mental health, abuse)
- Distress Centre Durham- 1-800-852-0688
- Durham Mental Health Services – 1-800-742-1890

# Questions

