



### "How do we build stress resilient teens?"

Stress is here to stay; it has become a part of our lives although positive stress (Eustress) helps us perform better, motivates us to use our fullest potential. How else will we know what are we capable of if we don't allow stress to push us harder towards our goal?

What amount of stress is positive stress? How do we restrict this spiraling into toxic stress?

Any situation that overwhelms or worries us for a brief period where the outcome is beneficial to us is good stress. Although any situation that worries us for prolonged periods of time over regular intervals resulting into symptoms such as insomnia, tension headaches, loss of appetite, anger issues, frequent melt downs, panic attacks, social isolation is termed as Toxic Stress. Toxic stress when not treated can result into major health problems such as diabetes, high blood pressure, obesity, asthma and heart problems.

These are a few of my life experiences for parents which will help reduce our teenagers stress levels, and aid them in building stress resilience.

Grades are important, but being an academic minded parent isn't. If we shift our focus from our children's grades and instead focus on them giving their 100% in everything they do & being happy, good grades would simply follow. Start encouraging teens to give 100% in everything they do. One way to achieve this is to start a daily journal practice. Ask your child to jot down specific goals, break these into weekly, monthly, & yearly goals. Now all they have to do is keep this focus and work towards it, step by step. A focused approach to learning is the best way to getting good grades. Daily journaling is the biggest tool for time management; it improves organization & better planning for upcoming exams and eliminates last minute exam pressure.

Be emotionally available for your child. As parents we become digitally distracted. In my experience, the only thing our children desire is our TIME. It is never too late to inculcate family rituals where everyone contributes their TIME. Start a family ritual, to go on coffee dates with your teens, long drives, play a sport together, have family game night...and just LISTEN to your teen. These rituals help in creating a stronger bond with family, it is also a good time to share problems and find solutions together. This is one of the most therapeutic ways to de-stress our children simultaneously helping us create a close knit

family. Reality is that no child remembers what their parent's income was when they were young, all they remember is the time spent with their parents creating beautiful memories.

A few more teen stress busters in my next article.