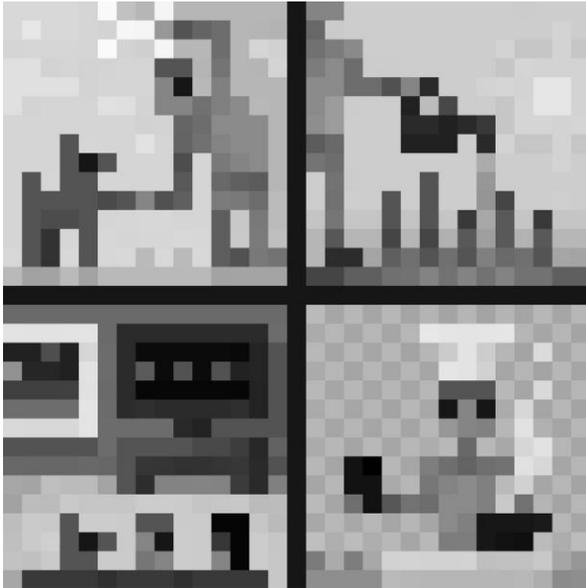


Teen Tips – Staying Vital During the 2020 COVID-19 Pandemic



What can you do as a teen to make the most of your time & feel good about how you made it through?

Think about these ideas:

GET CREATIVE – with more time on your hands, what have you always wanted to learn to do?

- ✓ Train your dog or other pet
 - Dog barking making the family crazy?
 - Cats getting on the table and kitchen counters?
 - Rabbit not litter box trained?
 - You can come to the rescue!
 - Go on-line and find out how to train your pets
- ✓ Learn a new art skill
 - Consider trying a free app, such as making pixel art (see above)
 - Tell other friends or family members about this and try making a similar picture and compare – or post your creations on social media
- ✓ Make a playlist with your favorite songs
 - Discover new songs
 - Share your playlists with friends
- ✓ Learn how to create different hair styles or manicure/pedicure designs
 - Practice your new skills on family members or friends within your household

GET CLOSER WITH FAMILY MEMBERS OR FRIENDS – now's the perfect time to build those relationships

- ✓ Learn how to cook or bake – and make food for your family
 - Consider calling a grandparent or other older relative whose creations you've always loved – ask if she or he will talk you through making some of their recipes
- ✓ Binge watch a series with someone else
 - Find one or more family members and agree on a show that you can all enjoy together
- ✓ Figure out some games to keep your younger siblings or relatives entertained
 - You can even do this virtually
 - Play hide and seek – or hide a toy/stuffed animal in a room and take turns finding it
 - You can even work on improving younger kids' bravery in the dark by doing this in a basement with a flashlight – you can go with them until they are brave enough to go by themselves
 - Get out the arts and crafts and make stuff together

SUPPORT OTHERS SHELTERING AROUND YOU – think about friends and others around you – what can you do to help them?

- ✓ Be available to talk or joke with friends and family members virtually to stay in touch (Facetime, Snapchat, Skype, video chat, etc.)
- ✓ Share music, recipes, pictures of pets, workout videos
- ✓ Offer to help younger relatives or friends with school work that they are working on that might be challenging; maybe their parents are working or busy doing something else
- ✓ As the weather gets warmer, consider helping out a neighbor with yard work – remember to keep a safe physical distance from others outside

GIVE YOURSELF A BREAK –

- ✓ You are doing your best to get through this – and everyone is doing what they can
- ✓ Pay attention to even small achievements – being kind to someone, talking to someone who may be feeling worried or lonely, helping clean up something, pitching in to help out others

LOOK TOWARD THE FUTURE –

- ✓ This situation – this pandemic – will be over in the future, so what are you really looking forward to doing?
 - Is there a special place you’re looking forward to hanging out with your friends?
 - Is there a local restaurant that your family enjoyed going to together?
 - Would it be fun to get your hair or nails done at a salon?
 - Maybe you will be happy to play sports on a team again.

Below if you’d like to, write down something from each section that appeals to you – either from the examples or other ideas you have – bring out this list regularly for inspiration:

GET CREATIVE: I’d like to...

GET CLOSER WITH FAMILY MEMBERS OR FRIENDS: I’d like to...

SUPPORT OTHERS SHELTERING AROUND YOU: I’d like to...

GIVE YOURSELF A BREAK: I am glad I did _____
_____ today.

LOOK TOWARD THE FUTURE: I’m looking forward to doing this...

From Rainbow Babies & Children’s Hospital, University Hospitals Cleveland Medical Center
Licensed Clinical Psychologist, Carolyn Ievers-Landis, Ph.D. (Pixel art by AJL)