

BE KIND TO YOUR MIND:

A MENTAL HEALTH GUIDE FOR YOUNG PEOPLE

YMCA OF SAN DIEGO COUNTY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Being a teenager is an exciting time of growth and change in our bodies, especially in our brains! It's a phase of life when self-discovery, rebellion, thrill-seeking, and socializing are key experiences in our pathway to adulthood. As we experience changes in our bodies and brains, we also experience a lot of feelings, and sometimes... we "flip our lids," meaning we react to something with really strong emotions!

Unfortunately, there are a lot of demands on you, like grades, sports and activities, family stuff, friend stuff, and social media. For many teens, there can be a lot of confusion, anxiety, anger, or depression. For some teens, these challenges can lead to isolation and disconnection.

Taking care of ourselves and others helps us navigate emotional ups and downs, stress, and "flipped lids". You can better support your mental health and well-being through self-compassion, self-awareness, self-acceptance, self-validation, and self-empowerment. Practicing these techniques can also help you be a good friend to the people around you.



SELF-COMPASSION

- Treat yourself as you would treat a friend.
- Show yourself kindness, patience, and forgiveness when you're going through a tough time.



SELF-ACCEPTANCE

- Your reactions, thoughts, and feelings are your current reality and that's okay.
- When you accept, you open the way to see the choices available to you.



SELF-AWARENESS

- Take time when you wake, mid-day, and before you sleep to check-in with yourself.
- What are your thoughts? Your emotions. Your physical sensations. Notice what your patterns are, and are they serving you?



SELF-VALIDATION

- Tell yourself that you are allowed to feel scared, angry, sad, hurt, helpless, guilty or whatever it may be without judgment.
- Practice positive self-talk. Break any habits that involve belittling yourself, minimizing your feelings, or neglecting your needs.



SELF-EMPOWERMENT

- You have personal power. You have some control over how you take care of yourself.
- What do you need emotionally, physically, socially, or spiritually during this challenging time?

FREE ACCESS TO THE Y FOR YOUTH AGES 13 TO 24 DURING MAY!

With that free access, comes opportunities to participate in teen-focused activities that support your physical and mental health. Scan the QR code or visit ymcasd.org/mha to find mental health resources and learn about our mental health awareness campaign activities throughout the month of May!

