

Navigating Mental Health and Developing Resilience Age 14 Summary

Why Navigating Mental Health and Developing Resilience?

Whether it's feeling nervous about a group project, worried about fitting in, or struggling with self-esteem, mental health matters.

STEP

1



GET INPUT

Get Your Child/Teen Thinking by Getting Their Input

- *"What's been on your mind lately?"*
- *"What's something that happened today that made you feel proud, nervous, or frustrated?"*
- *"If you could describe a time when you felt worried or upset this week, what would it be?"*

Trap: Avoid quick solutions like "Oh, don't worry about it." Instead, let them know it's okay to feel what they're feeling and that you're there to support them.

STEP

2



TEACH

Teach New Skills

- Model by naming your feelings, like *"I'm feeling a bit stressed with work, so I'm going to take a few minutes to relax."*
- Teach calming techniques, such as counting to ten, listening to music, or visualizing a calm place.
- Help them gain perspective by saying, *"If a friend felt this way, what advice would you give them?"*

STEP
3



Practice to Grow Skills and Develop Habits

- Start a routine where you check in on each other's day, e.g., *"What was something challenging today?"* or *"What was a fun part of your day?"*
- Reflect on their emotions and how they changed, like, *"You seemed nervous before that math test. How do you feel now that it's over?"*
- Recognize when they try new skills, e.g., *"I noticed you took a few breaths when you were frustrated about your homework. That's a great way to handle it."*

STEP
4



**Support Your Child's/Teen's
Development and Success**

- Give gentle reminders, like *"Remember, you can take a break if things feel overwhelming."*
- Check in on tough days by asking, *"How are things going? Is anything feeling extra stressful?"*
- If they seem stuck, try asking, *"What else could we do to make this a bit easier?"*

STEP
5



Recognize Efforts

- Point out specific successes, like, *"I'm so impressed that you stayed calm when your friend canceled plans. That was a great example of handling disappointment."*
- Create small rewards for practicing mental health strategies, like spending time together doing something they enjoy.
- Give specific praise, saying, *"It was really brave of you to talk about your worries instead of holding them inside."*

Trap: It can be easy to resort to bribes when recognition and occasional rewards are underutilized. If parents or those in a parenting role frequently resort to bribes, it is likely time to revisit the five-step process.

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