

TIPS FOR PARENTS/GUARDIANS

Teenage suicide is a serious and growing problem. The teenage years can be emotionally turbulent and stressful. Teenagers face pressures to succeed and fit in. They may struggle with self-esteem issues, self-doubt, and feelings of alienation. For some, this may lead to suicide.

WARNING SIGNS THAT A TEEN MAY BE CONSIDERING SUICIDE

Change in eating and sleeping habits

Withdrawal from friends, family, and regular activities

Violent or rebellious behavior, bullying, running away

Drug and alcohol use

Unusual neglect of personal appearance

Persistent boredom, difficulty concentrating, or a decline in the quality of school work.

Frequent complaints about physical symptoms, such as stomach pains, headaches, or tiredness

Rejecting praise or rewards

SOME SELF-CARE TIPS

As a parent, one tends to put their family first at the expense of one's own needs. Self-care is an important step to making sure you are your best self. Below are helpful activities and tips to practice daily self-care.



Physical activity like jogging, walking



Practice mindfulness by meditating, breathing exercise (Inhale for 5 counts, hold for 5, exhale for 5, hold for 5, repeat). Turn off/silence electronic devices and enjoy quiet time without disruption



Try playing a game (puzzle, etc) 5 minute stretching exercise



Take a power nap



Peer support is also important, call a friend to catch up.



Read, watch, or listen to something inspiring or funny



Grab a journal and write what you're feeling, if engulfed with unpleasant feelings, write that down until they naturally stop. Let your feelings go by disposing of what you wrote in a way that feels right to you