

STRESS-REDUCTION TIPS FOR TEENS

1. **Learn to be manipulative --- say please**
2. **If you don't get the freedom you want**
Please ask for a conference or family meeting where rules and Responsibilities that really matter to everyone are written down.
(Do this in times of peace)
3. **Point out to your parents** that you are no longer a child and you need opportunities to make choices, take chances and make mistakes of your own – just as they had. Do acknowledge your parents values even if you don't agree with them.
4. **Barter**
Don't be afraid to see what you can do for others in exchange for something you would like. That's the way the world works.
5. **Use humor as well as love**
Positive approaches are more likely to succeed than negative ones –which results in a further negative response
6. **Go to other adults**
If you have a communication breakdown with your parents, go to other adults like teachers, physicians, ministers and parents of friends.

For more information about this article, please call our clinic and speak to any one of the therapists or consult our website www3.telus.net/cfsg for more information.