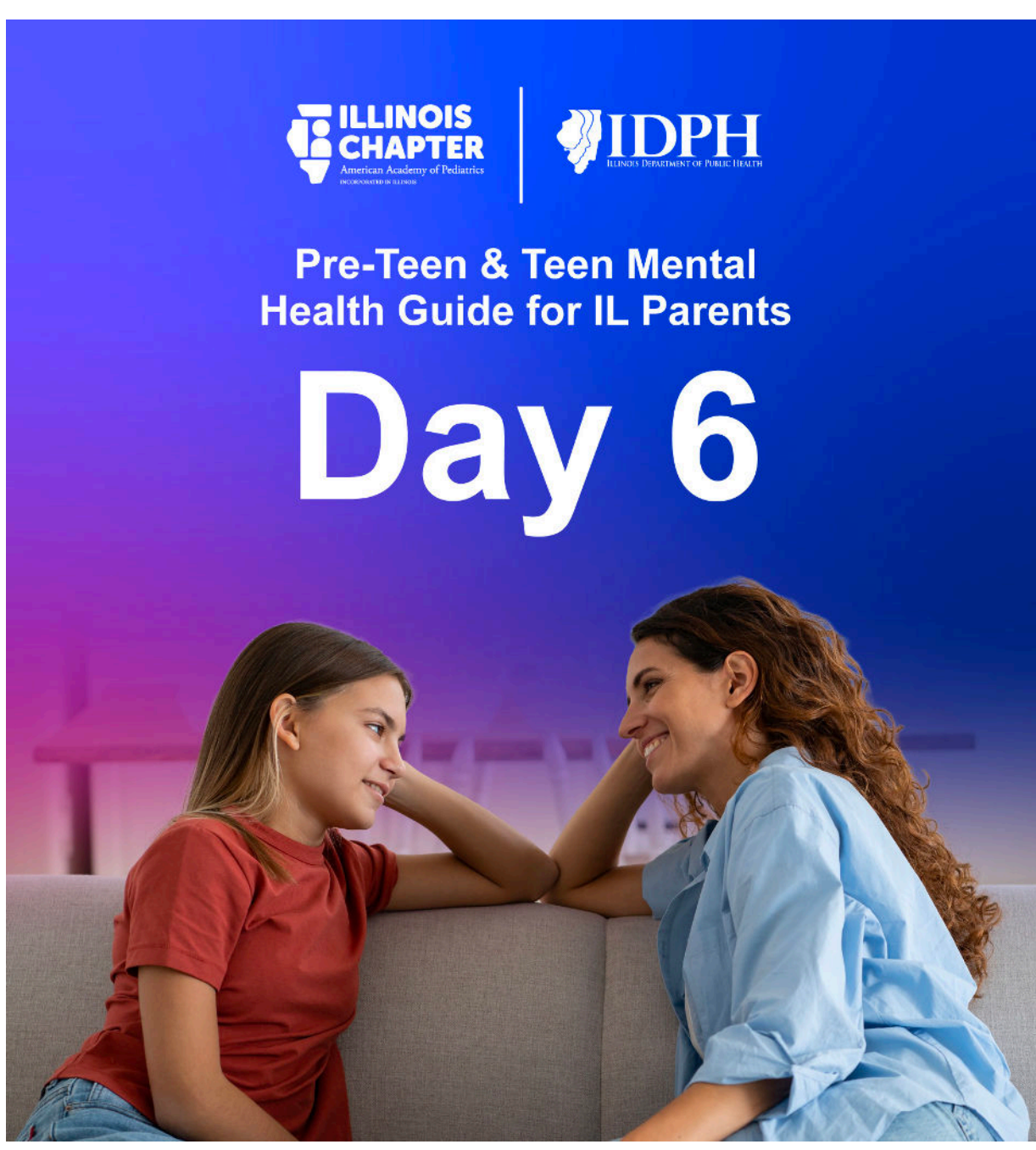


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Hi <<First Name>>,

It's really important for teens to learn to accept who they are and believe in themselves. Are they making mistakes? That's actually a good thing! Mistakes help your teen build self-esteem, learn important lessons, and take responsibility for their actions. Facing challenges or tough times can teach your teen that they are strong enough to get through hard things and maybe even do things differently next time. This skill is called building resilience — the ability to bounce back and keep going. It's something that teens will need throughout their life.

Here are some simple ways you can help your teen build resilience:

- Encourage time with friends, mentors, and family who support them
- Make your home a safe, calm, and welcoming place
- Speak in a calm voice, even during disagreements
- Stick to routines like regular meals, sleep, and schedules that bring stability
- Cut your teen some slack. Mistakes are part of learning. Help your teen learn to forgive themselves
- Help your teen unplug or take breaks from social media or things that cause stress
- Encourage self-care: sleep, healthy food, exercise, and downtime all matter
- Break down big problems into smaller, easier steps to manage
- Help your teen express themselves through writing, art, music, sports, or talking
- Encourage your teen to help others
- Volunteering can build a sense of purpose and connection
- Remind your teen that tough times don't last forever

Remember, resilience grows over time. One of the best ways to support your teen is by listening and resisting the urge to fix everything for them. If challenges feel too big to handle, getting extra help can really make a difference.

Try This Today

Ask your teen, “Can you think of a time when something was really hard, but you got through it? What helped you keep going?” This helps them see their own strength and remember that they've overcome tough things before.



If your teen needs mental health support, what will that look like?

If you're picturing a reluctant teenager being forced into therapy or scary medications, take a deep breath. Today's mental health support looks different, and better, than you might expect.



Therapy

Forget the movie version of therapy with a teen lying on a couch talking about their childhood (they're still living it!). Modern teen therapy might include:

- Playing video games while talking (yes, really!)
- Making art or music to share feelings
- Walking and talking instead of sitting in an office
- Group sessions with other teens who understand
- Family meetings to improve communication (warning: you might learn you need to change too)
- Learning real skills like how to calm panic attacks or challenge negative thoughts



Medication (Maybe, Maybe Not)

What it is:

- A tool that can help your teen's brain work with them, not against them
- Often temporary and always closely monitored
- Sometimes the difference between just getting by and thriving

What it isn't:

- A magic “happy pill” that changes your teen's personality
- A sign you've failed as a parent
- Lifelong medication
- The “easy way out” (managing meds takes work!)



What Else Can Help?

These don't replace treatment but can make a big difference:

- **Exercise:** Just 30 minutes is a natural mood booster (yes, walking counts!)
- **Sleep routines:** Going to bed and waking up at the same time every day helps a lot
- **Mindfulness apps:** Like Calm or Headspace for Teens (your teen might roll their eyes, but it's worth trying)
- **Creative outlets:** Music, art, writing, or building — anything that lets feelings out

You're doing a great job supporting your teen through life's ups and downs. Hang in there — resilience is a journey, not a race.

Helpful Resources:

- [Everyday Ways to Talk About Mental Health: Tips for Families](#)
- [10 Tips to Build Skills on Bouncing Back From Rough Times](#)

Tomorrow we will recap everything you've read and map out next steps for this journey we have started together!

With admiration for the hard work you're doing,
The ICAAP Team

Get Connected!



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