

## **Interesting Articles** **(Nov 2019)**

### **Anxiety & Depression:**

- **10 Reasons Why Teens Have So Much Anxiety Today:**  
[https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201711/10-reasons-teens-have-so-much-anxiety-today?fbclid=IwAR03Z-tm6xTvxxwp5dUqpySMnS-jmbBEHENNEDOOKU3x4cqglc\\_G9ITRpaQ](https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201711/10-reasons-teens-have-so-much-anxiety-today?fbclid=IwAR03Z-tm6xTvxxwp5dUqpySMnS-jmbBEHENNEDOOKU3x4cqglc_G9ITRpaQ)
  
- **Adolescent Depression:**  
[https://momsoftweensandteens.com/what-you-need-to-know-about-adolescent-depression/?fbclid=IwAR3tdmLmPepgt9YTRZG\\_o1SPtsJsj5J-P8BBh4TOTa-Flke8ZBXY8uojLTo](https://momsoftweensandteens.com/what-you-need-to-know-about-adolescent-depression/?fbclid=IwAR3tdmLmPepgt9YTRZG_o1SPtsJsj5J-P8BBh4TOTa-Flke8ZBXY8uojLTo)

### **Self-Harm:**

- **How to Help Someone Who Self-Injures:**  
<https://yourteenmag.com/health/teenager-mental-health/teen-self-harm?fbclid=IwAR1LN95KfJTcZTEEWaOPQRP9GKI4GYNM2kMImDjBCHCCNI-Q5IrlGaPkEIo>

### **Parents Need to Know:**

- **How Mental Health Affects Physical Health Too:**  
<https://www.yahoo.com/lifestyle/artists-graphic-nails-mental-health-191208226.html>
  
- **Being “Difficult” or Suffering from Mental Health Issues? How To Read the Warning Signs:**  
<https://news.yahoo.com/being-difficult-suffering-mental-health-043821554.html>
  
- **Difference Between Psychologist and Counselor:**  
<https://www.yahoo.com/lifestyle/difference-between-psychologist-counselor-diagnose-212023487.html>
  
- **8 Gentle Ways to Ask a Child if They’re Considering Suicide:**  
<https://www.yahoo.com/lifestyle/8-gentle-ways-ask-child-220515830.html>

- **How to Recognize When a Loved One May Be Considering Suicide:**  
<https://www.yahoo.com/entertainment/recognize-loved-one-may-considering-130006879.html>
- **Difference Between Psychologist and Counselor:**  
<https://www.yahoo.com/lifestyle/difference-between-psychologist-counselor-diagnose-212023487.html>
- **Reduce Teen Stress with One Simple Reminder:**  
[https://yourteenmag.com/health/teenager-mental-health/stress-in-adolescence?fbclid=IwARoEjsQ6fuF7dE2WRMlCuEC4j09M3CNjV1Yv2Kc4Ro4Doe96\\_efQp1RsxVc](https://yourteenmag.com/health/teenager-mental-health/stress-in-adolescence?fbclid=IwARoEjsQ6fuF7dE2WRMlCuEC4j09M3CNjV1Yv2Kc4Ro4Doe96_efQp1RsxVc)
- **Reconnect with Your Teen:**  
<https://parentingteensandtweens.com/how-to-stop-nagging-and-reconnect-with-your-teen/?fbclid=IwAR1WG6q7xvxbV1elo0Hqg3Czh-pw4MQQcNkEQV197VD1k4hljXmqCuh3c14>
- **Suicide: The Conversation We Should Have With Our Kids:**  
[https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/08/suicide-conversation-with-kids?utm\\_source=facebook&utm\\_medium=referral&utm\\_campaign=On+Our+Sleeves&utm\\_content=post-photolink&fbclid=IwARoosNtC9hGR5K3nF-eE\\_qdoEXGo5ttwzooAYpDpBYtMoIa9exjWbDFN00o](https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/08/suicide-conversation-with-kids?utm_source=facebook&utm_medium=referral&utm_campaign=On+Our+Sleeves&utm_content=post-photolink&fbclid=IwARoosNtC9hGR5K3nF-eE_qdoEXGo5ttwzooAYpDpBYtMoIa9exjWbDFN00o)
- **Understanding the Teenage Brain:**  
[https://yourteenmag.com/health/physical-health/the-teenage-brain-book?fbclid=IwAR1HvoTYa4rjAPuc\\_d1V3OZUn1-6fyAQNQWhyfw-SJK5PoiAmYBKG\\_gWHs](https://yourteenmag.com/health/physical-health/the-teenage-brain-book?fbclid=IwAR1HvoTYa4rjAPuc_d1V3OZUn1-6fyAQNQWhyfw-SJK5PoiAmYBKG_gWHs)

## **Teen Self-Care:**

- **13 Tips for Helping Teens with Stress:**  
[https://yourteenmag.com/health/teenager-mental-health/helping-teens-deal-with-stress?fbclid=IwAR2\\_wmh8VshS6S8WSKNqhRSstVH9uyRMfnq8siZL7ADLkDQn-Du6CjLYKTW](https://yourteenmag.com/health/teenager-mental-health/helping-teens-deal-with-stress?fbclid=IwAR2_wmh8VshS6S8WSKNqhRSstVH9uyRMfnq8siZL7ADLkDQn-Du6CjLYKTW)

- **Sleep, Exercise, Screen Time – Teen Health:**

[https://grownandflow.com/sleep-exercise-less-screen-time-teens-health/?fbclid=IwAR1bTfYKB1dSEIfeCTYm7HildZnyQU3hesfbBz4Lm8b3Gw6fpT-DCFB8\\_n](https://grownandflow.com/sleep-exercise-less-screen-time-teens-health/?fbclid=IwAR1bTfYKB1dSEIfeCTYm7HildZnyQU3hesfbBz4Lm8b3Gw6fpT-DCFB8_n)

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### **Programs in other places:**

- **Mental Health Check-In Chart at School:**

<https://news.yahoo.com/teacher-goes-viral-revealing-ingenious-192632683.html>

- **How to Improve Youth Mental Health Outcomes:**

<https://thriveglobal.com/stories/how-to-improve-youth-children-mental-health-outcomes/?fbclid=IwAR3slh5mNjsSzK7Rqae6sENbmkJhAHJyVny6ZwR6HHRgh--1ToWoQ7bJibE>

### **Inspirational Stories:**

- **Iceland Fixed Teen Substance Abuse Problem:**

<https://www.fastcompany.com/3067732/iceland-fixed-its-teen-substance-abuse-problem-by-giving-them-something-better-to-do?fbclid=IwAR1Jesh-H7Rlm5PqohVH2Ku2C9nbWfKDvnVijSrqdREfdDgnfxDLVLzjkuA>

- **Empathy in Denmark Schools:**

[https://www.healthyfoodhouse.com/empathy-is-taught-to-students-ages-6-to-16-in-denmark-schools/?fbclid=IwAR3bYHmy4yqDRvGEwdgXRI5KTkzIW\\_Y72KF8AeaZ9oxGuY5NoAsuYYTKTLo](https://www.healthyfoodhouse.com/empathy-is-taught-to-students-ages-6-to-16-in-denmark-schools/?fbclid=IwAR3bYHmy4yqDRvGEwdgXRI5KTkzIW_Y72KF8AeaZ9oxGuY5NoAsuYYTKTLo)