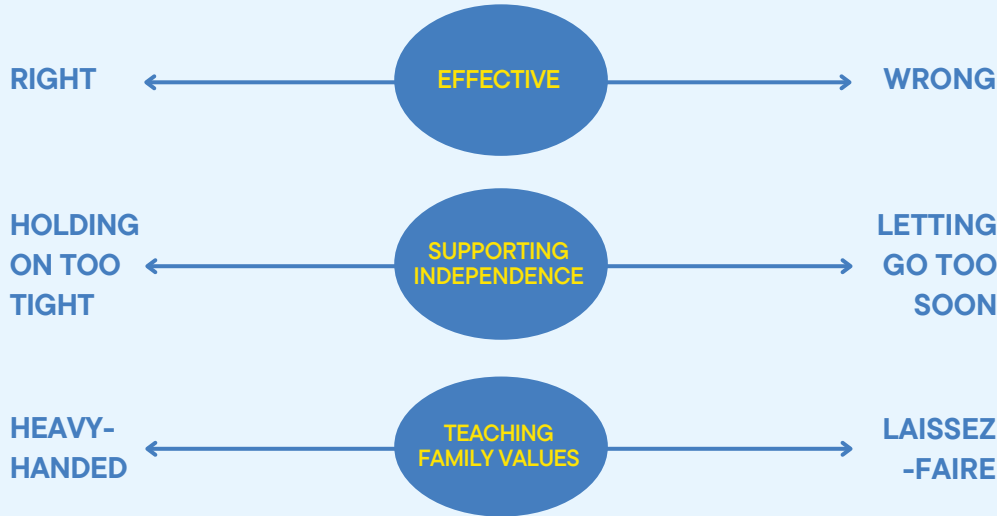


Gaining Balance with Your Teen

Try this at home to avoid family conflict or to manage difficult topics:

- Mark an “X” on the line where you fall, then another “X” where you think your teen falls.
- Now have your teen mark an “X” where they fall, and an “X” where they believe *you* fall.
- Use this to start a conversation.



Set Up for Success:

Find a time when they are calm.

Listen to what they have to say.

Pause. Regroup if needed.

Ask if they want your help.

Act on this feedback.

Manage Stressful Moments:

- Create a mantra or helpful thought
- Learn some self-soothing tasks. 1 for each sense
- Practice when you're calm
- Set a schedule for when you can use your skills,
- Take breaks and regroup
- You're busy – create reminders! (Using apps and post-its isn't cheating)
- Tap into your support system

Reflective Listening:

- Actively listen without expressing judgment.
- Summarize “It sounds like...Did I get that right?”
- Show understanding “I get why you feel that way.” “That sounds hard.”
- Try to see the situation from your teen/young adult's perspective

Resources:

Books:

- [How to Raise an Adult](#) by Julie Lythcott-Haims
- [The School of Hard Talks](#) by Emily Klein, PhD
- [Getting to 30: A Parent's Guide to the 20-Something Years](#) by Jeffrey Jensen Arnett PhD & Elizabeth Fishel

Other:

- “College Is Fine Podcast,” Episode #9
- “The Skillful Podcast,” Episode #53
- Lumatehealth.com
- JedFoundation.org
- CollegeParentCentral.com



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and information