

# Teens Facing Stress and Anxiety

**Cast your burden on the LORD, and he will sustain you; he will never allow the righteous to be shaken.**

*Psalm 55:22*

When teens are struggling with stress and anxiety, remember that you are not alone. Just as we lean on God during challenging times, teens can find solace in Him. Take a moment to sit with them, listen to their hearts, and encourage them to share their worries. In these moments, guide teens to lean on the promise of God's peace that surpasses all understanding. It's okay not to have all the answers, but by casting your cares on the Lord, you can find strength as a family. Your love and support combined with the reassurance of God's presence can bring hope to teens during these times.

## ➤ conversation starter

I've noticed that things seem a bit overwhelming lately. How about we grab a snack and just chat about what's going on in your world? I'm here to listen.

I was thinking about how we all deal with stress, and I've heard about different ways of managing it. Have you found something that helps you deal with stress when things feel overwhelming?

## ➤ navigating the conversation:

- **Express Your Concern:** Begin the conversation by expressing your love and concern for your teens. Let them know that you've noticed they may be feeling stressed or anxious, and you are there to support them.
- **Encourage Open Communication:** Emphasize that it's okay for them to share their thoughts and feelings with you. Let them know that you are there to listen without judgment.
- **Integrate Scripture:** Use relevant Bible verses to provide comfort and guidance. Verses such as Psalm 23, Matthew 11:28-30, and Philippians 4:6-7 can offer reassurance.
- **Encourage Prayer:** Suggest praying together about the challenges they are facing. This can be a comforting and grounding experience, reminding you of God's presence and His willingness to help carry burdens.
- **Explore Coping Strategies:** Discuss practical coping strategies, both spiritual and practical, that may help alleviate stress and anxiety. This could include prayer, Christian meditation, breathing exercises, or seeking guidance from a pastor or trusted mentor.
- **Normalize Seeking Help:** Reinforce the idea that seeking help, whether from God, a trusted adult, or a mental health professional, is a brave and wise step. Encourage teens to share their feelings with those who can provide support, and be willing to help them get the professional help they may need.
- **Establish a Supportive Routine:** Work together to establish healthy routines that promote well-being. This might include setting aside time for prayer, rest, and engaging in activities that bring joy and relaxation.
- **Reiterate Unconditional Love:** Remind teens that your love for them is unconditional, and you are committed to helping them through challenges. Assure them that they are not alone in facing difficulties.

