

Resources for Parents on Teen Stress

From Dr. Lucy Vezzuto

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[Stress \(Video\)](#)

[Helping Children and Teens Cope with Stress](#)

[Breathing Practices for Adults and Teens](#) (handout for adults and teens)

[Seven Stress Tips for Teens](#) (handout for teens)

[COVID-19 Parental Resources Kit – Adolescence Social, Emotional, and Mental Well-being of Adolescents during COVID-19](#)

[Mental Health During COVID-19: Signs Your Child May Need More Support](#)

[Talking To Kids When They Need Help: Helpful Tips In Starting A Conversation And Understanding What's Going On In The Lives Of Your Children And Teens.](#)

[Kids & Tech: Tips for Parents in the Digital Age](#)

[Dr. Ari Brown Offers Tips for Parents on Children and Media Use](#) (video)