

Wellbeing Activities for Teens

Trigger Mapping

Helps identify situations & thoughts that affect emotions or stress.



Cold Water Reset

Use cold water to calm the nervous system.



90 Second Rule

Pause & breathe, let emotions pass in 90 seconds.



Movement & Stretching

Release tension with exercise or yoga.



Breathwork

Use deep breathing to relax & focus.



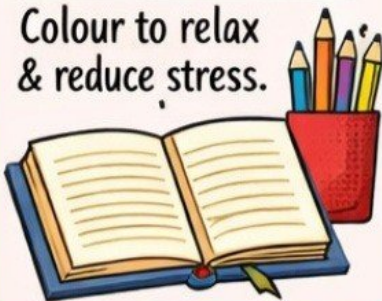
Music

Listen to music to boost your mood.



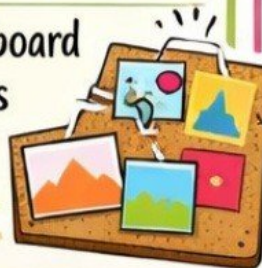
Colouring

Colour to relax & reduce stress.



Vision Board

Create a board of dreams & goals.



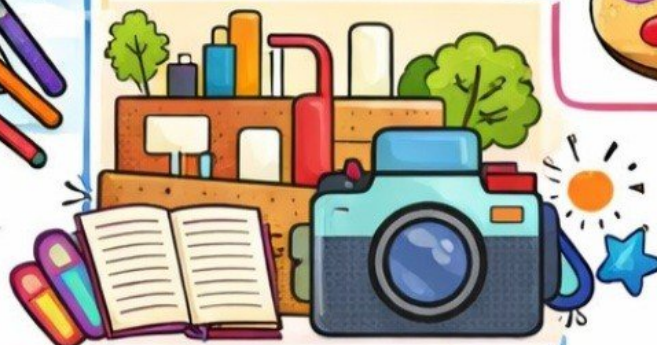
Creative Activities

Paint, craft, or take photos.



Colouring

Colour to relax & reduce stress.



Created by The H Foundation