



Helpful Tools for Teens

Tools for handling emotions, stress, and life challenges

Not all teens have developed the tools they need yet to manage big emotions, stress, and life challenges.

And that's okay. These tools can be learned and strengthened over time.

Emotional Tools



Emotional Regulation

Healthy Boundaries

Healthy Communication

Self-Care



Self-Compassion



Identity & Values



Emotional Balance



Emotional Resilience

Coping Tools



Calming the Body

Thought Tools

Coping Strategies

Grounding & Mindfulness

Whole-Person Tools



Body

(Sleep, food, movement, nervous system)

Mind

(thoughts, emotions, focus)

Friends & Family

(relationships, support)

Identity & Values

(meaning, purpose, hope)

You're not broken. You're learning tools.

Let's build your toolkit *together!*

www.helpfultools counselling.com.au





Helpful Tools

COUNSELLING

SENSES *Grounding* Exercise for Teens



SEE Notice 5 things you see.



TOUCH 4 things you feel.



HEAR 3 things you can hear.



SMELL 2 things you can smell.



TASTE 1 thing you can taste.

Quick Tip:

Take a slow, deep breath in and out as you notice each of these. ✓

Marayka Rancie
www.helpfultools.com.au

Helpful Tools for Teens

Simple tools for handling big feelings, stress, and relationships.

— Helpful Tools to Try —

- **Advocacy and assertiveness**

Asking for what you need is healthy and important.

- **Body movement**

Release built-up stress through exercise, walks, stretching, or dance.

- **Journalling**

Write out feelings to make sense of what's happening inside.

- **Healthy distraction**

Pausing chaos to do something enjoyable can reset your mood.

- **Reach out to a safe person**

Sharing with a trusted someone can bring comfort when you're struggling.



A gentle reminder

Tough feelings and situations can change. Asking for help is a strong, healthy choice.



www.helpfultoolscounselling.com.au