

# 5 Ways to Support Your Struggling Teen

Seeing your teen struggle can be incredibly painful as a parent. If you're unsure how to proceed, check out these 5 steps you can take.



STEP

01

## Self-Care

Taking care of yourself first means you can show up for your teen ready to support them. You can start by taking a few deep breaths and checking in with your needs. This also models healthy behavior for your teen.



STEP

02

## Empathy

Validate how your teen is feeling or how difficult the situation is. Leave space for your teen to identify their own emotions.



STEP

03

## Agency

Give your teen two or maybe three options in how you can support them. Choices might include:

- A hug
- A listening ear
- A walk together



STEP

04

## Time (and Space)

In some cases, it can be helpful to simply give your teen the time and space to work through their feelings. Remember that all feelings are okay and part of the human experience.



STEP

05

## Outside Help

If your teen seems to be struggling more than most or with problems that are bigger than you can solve at home, remember that it's okay to ask for help.