



children's
ADVOCACY CENTER
OF KENT COUNTY

Therapeutic Tools for Teens



Being a teenager is hard, and the important thing to recognize is that you are not alone! Here, you will find resources that you might find helpful and necessary. This is not an easy time for anyone. Everything feels like it's changing and new struggles are popping up left and right. We are here to support you, and it is always ok to ask for help!





Chanel Miller

SEXUAL-ASSAULT SURVIVOR

Author of Know My Name

Chanel Miller is an American writer and artist based in San Francisco, California, and New York City. She was known anonymously after she was sexually assaulted on the campus of Stanford University in 2015 by Brock Allen Turner.

YOUTUBE VIDEOS:

I Am With You -
Chanel Miller



Chanel Miller - Turning
Her Pain Into a Rallying
Cry with Know My Name
| The Daily Show



Chanel Miller reads her
entire victim impact
statement via 60
Minutes



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WHAT IS ANXIETY?

Anxiety is a mental and physical reaction to perceived threats. In small doses, anxiety is helpful. It protects us from danger and focuses our attention on problems; however, when anxiety becomes too severe, or occurs too frequently, it can become debilitating.

• SYMPTOMS OF ANXIETY •

UNCONTROLLABLE
WORRY/
NERVOUSNESS

SLEEP
TROUBLES

INCREASED
HEART RATE

UPSET STOMACH

POOR
CONCENTRATION

AVOIDANCE OF
FEAR

TYPES OF ANXIETY

Generalized Anxiety: An excessive amount of anxiety or worry in several areas of life, such as job responsibilities, health, finances, or minor concerns.

Phobias: A very intense fear of a specific situation or object which is out of proportion to its actual threat.

Panic: An extreme, anxious response where a person experiences a panic attack. During a panic attack, the individual experiences numerous physical symptoms and is overwhelmed by a feeling of dread.



What are Panic Attacks?

Panic attacks are brief periods of overwhelming fear or anxiety. The intensity of a panic attack goes well beyond normal anxiety and can include a number of physical symptoms. During panic attacks, people often feel that they are having a heart attack, that they cannot breathe, or that they are dying.

Panic Attack Facts

Panic attacks may feel scary, but they don't actually cause physical harm. The most common fears associated with panic attacks (having a heart attack or fainting) are not actually a threat.

Panic attacks are usually brief but intense. The symptoms of panic typically peak within 10 minutes and end within 30 minutes. However, some lingering symptoms can last over an hour.

Panic attacks can seem to occur randomly, or they can be closely linked to a specific source of anxiety; such as driving, crowded places, or simply leaving home.

Panic disorder occurs when a person has frequent worry or fear of future panic attacks, or when they change their behavior in order to avoid attacks (such as avoiding a feared situation).

Symptoms of a Panic Attack (Does not need to include all symptoms listed):

- Pounding or racing heart
- Sweating
- Trembling or shaking
- Fear of "going crazy"
- Feeling of being detached from reality

- Breathing difficulties
- Sense of terror, impending death/doom
- Chest pain or discomfort
- Nausea
- Fear of dying

Treatment for Panic Attacks

Cognitive Behavioral Therapy (CBT): A common and well-supported treatment for panic attacks and panic disorder. CBT works by identifying and changing unhealthy thinking patterns that trigger panic attacks.

Exposure Therapy: The patient is intentionally exposed to the symptoms of panic in a safe environment. As exposure continues, the symptoms become more familiar and less terrifying.

Medication: This can act as a short-term treatment for severe cases. Because medication does not treat the underlying issues that cause panic disorders, it should be accompanied by another form of treatment - like psychotherapy.

Relaxation Techniques: Much like how muscles become stronger with exercise, the body's relaxation response can be improved with practice. Frequent use of relaxation techniques, such as deep breathing, meditation, and progressive muscle relaxation, can help to combat panic attacks.

What is Depression?

Symptoms of a Depressive Episode:

- depressed mood
- sleep difficulties
- diminished concentration

- loss of interest or pleasure
- fatigue nearly every day

- significant weight changes
- feelings of worthlessness
- recurring thoughts of death

Symptoms must cause significant distress and last for at least two weeks to be considered a depressive episode.

DEMOGRAPHICS

- Women are 2x more likely to develop depression
- About 1 in 10 people will experience depression in their lifetime
- Most people experience their first depressive episode between ages 20 and 30

RISK FOR DEPRESSION

- Family history of depression or similar disorders
- Stress (schoolwork piling up, etc.)
- History of abuse or neglect
- Life changes like parents/caregivers divorcing
- Regular drug and alcohol abuse

OTHER KNOWN FACTS

- Over half of those diagnosed with depression also suffer from anxiety
- 60% of those who die by suicide suffer from depression or a related mood disorder
- Physical exercise has been found to have a significant antidepressant effect
- Depressive episodes also occur during bipolar disorder alongside manic episodes

15 POSITIVE AFFIRMATIONS

for anxiety



1. I have the power to control my emotions
2. I am getting stronger every single day
3. I am not in any danger, it's just my mind playing tricks on me
4. I can get through whatever life throws at me
5. I accept myself for who I am
6. I grow stronger every time I overcome my anxiety
7. I am stronger than this emotion
8. I am in full control of my body
9. I am confident
10. I can say what's on my mind
11. As long as I am happy, I don't care what others think
12. I am not afraid to make mistakes
13. I can overcome any obstacle
14. I have survived this feeling before, I can do it again
15. I am not worried by things I can't control

Coping Skills for Anxiety:



<https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>

Grounding Techniques:



<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>



Common Reactions to Stress or Trauma

There are many different ways that young people react to stressful life events. The examples below are common reactions to trauma. Please note, however, that not everyone reacts the same way and you may have different reactions.

Nightmares or
trouble
sleeping

Thinking about
the trauma all
the time

Avoiding
people, places,
or things that
remind them of
the trauma

Feeling "crazy",
overly moody, or
out of control

Not being able
to remember
parts of what
happened

Having trouble
concentrating
at school or at
home

Being on guard
constantly; feeling
like something bad
is about to happen

Feeling anger,
shame, guilt,
sadness, grief/loss,
or feeling bad
about yourself

Physical health
problems, such
as headaches &
stomachaches



SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER (PTSD)

- Flashbacks of the traumatic event
- Feeling emotionally numb
- Detachment from family and friends
- Partaking in self-destructive behavior (alcohol and drugs)
- Nightmares relating to the traumatic event
- Having negative thoughts about yourself
- Physiological reactions when reminded of the traumatic event
- Avoiding people/anything related to the traumatic event
- Short term memory loss
- Difficulty sleeping
- Easily irritated
- Loss of interest in activities
- Experiencing anxiety or depression
- Difficulty concentrating
- Feelings of hopelessness

Coping Tools: What Helps ME!



- | | |
|--|---|
| <input type="radio"/> Read a book or magazine | <input type="radio"/> Cook or bake |
| <input type="radio"/> Climb a tree or plant some flowers | <input type="radio"/> Talk to someone you trust |
| <input type="radio"/> Journal or write a letter | <input type="radio"/> Weave, knit, or crochet |
| <input type="radio"/> Make a collage or scrapbook | <input type="radio"/> Build something |
| <input type="radio"/> Rest, nap, or take a break | <input type="radio"/> Visualize a peaceful place |
| <input type="radio"/> Go on a hike, walk, or run | <input type="radio"/> Talk to someone you trust |
| <input type="radio"/> Drink water or a warm cup of tea | <input type="radio"/> Make some art or do a craft |
| <input type="radio"/> Play a board game or do a puzzle | <input type="radio"/> Take slow, mindful breaths |
| <input type="radio"/> Do something kind for someone else | <input type="radio"/> Clean, de-clutter, organize |
| <input type="radio"/> Make & play with slime | <input type="radio"/> Use aromatherapy |
| <input type="radio"/> Discover treasures in nature | <input type="radio"/> Cry |
| <input type="radio"/> Relax with a hot shower or bath | <input type="radio"/> Listen to music |
| <input type="radio"/> Exercise! | <input type="radio"/> Use a stress ball or other fidget |
| <input type="radio"/> Practice some yoga or stretches | <input type="radio"/> Eat a healthy snack |
| <input type="radio"/> Cuddle or play with your pet | <input type="radio"/> Sing or dance |
| <input type="radio"/> Play outside or build a fort! | <input type="radio"/> Laugh! |

Healthy Vs. Unhealthy Coping Strategies

Coping strategies are actions we take - consciously or unconsciously - to deal with stress, problems, or uncomfortable emotions. Unhealthy coping strategies tend to feel good in the moment but have long-term, negative consequences. Healthy coping strategies may not provide instant gratification, but they lead to long-lasting, positive outcomes.

Unhealthy coping strategies:

- Drug or alcohol use
- Overeating
- Procrastination
- Sleeping too much or too little
- Social withdrawal
- Self-harm
- Aggression

Examples of healthy coping strategies:

- Exercise
- Talking about your problem
- Healthy eating
- Seeking professional help
- Relaxation techniques
- Using social support
- Problem-solving techniques

Describe a problem you are currently dealing with:

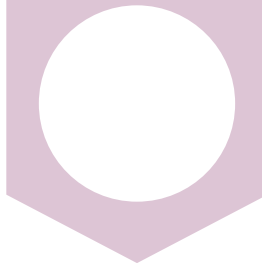
Think about the unhealthy and healthy ways that you have responded to this problem.

Unhealthy Coping Strategies



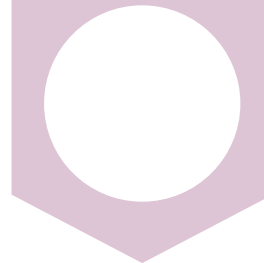
Consequence of unhealthy coping strategies:

Healthy Coping Strategy #1



Expected outcomes of healthy coping strategy #1:

Healthy Coping Strategy #2



Expected outcomes of healthy coping strategy #2:

Self-Care After Trauma

Tips from RAINN

Self-care is about taking steps to feel healthy and comfortable. Whether it happened recently or years ago, self-care can help you cope with the short- and long-term effects of a trauma like sexual assault.

Physical Self-Care

After a trauma, it's important to keep our bodies healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

- How were you sleeping? Did you have a sleep ritual or nap pattern that made you feel more rested?
- What types of food were you eating? What meals made you feel healthy and strong?
- What types of exercise did you enjoy? Were there any particular activities that made you feel more energized?
- Did you perform certain routines? Were there activities that you did to start the day off right or wind down at the end of the day?

Emotional Self-Care

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

- What fun or leisure activities did you enjoy? Were there events or outings that you looked forward to?
- Did you write down your thoughts? In a journal or notebook? Were meditation or relaxation activities a part of your regular schedule?
- What inspirational words were you reading? Did you visit a particular author or favorite website, like RAINN's Pinterest board, for inspiration?
- Who did you spend time with? Was there someone, or a group of people, that you felt safe and supported around?
- Where did you spend your time? Was there a special place, maybe outdoors or at a friend's house, where you felt comfortable and grounded?

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline: [800-656-HOPE](tel:800-656-HOPE) and online.rainn.org, y en español rainn.org/es. Self-Care After Trauma Tips from RAINN

Self-Care Tips!

Self-care means taking time to do things you enjoy. Usually, self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book or as big as taking a vacation.

Self-care also means taking care of yourself. This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

Make self-care a priority. There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.

Set specific self-care goals. It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".

Make self-care a habit. Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often and that you will stick with.

Set boundaries to protect your self-care. You don't need a major obligation to say "no" to others— your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

A few minutes of self-care is better than no self-care. Set an alarm reminding you to take regular breaks, even if it's just a walk around the block or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.

Unhealthy activities don't count as self-care. Substance use, overeating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.

Keep up with self-care, even when you're feeling well. Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason why you're feeling well!

Progressive Muscle Relaxation



<https://www.youtube.com/watch?v=InZEdqcGVzo&t=93s>









Self-Care Assessment



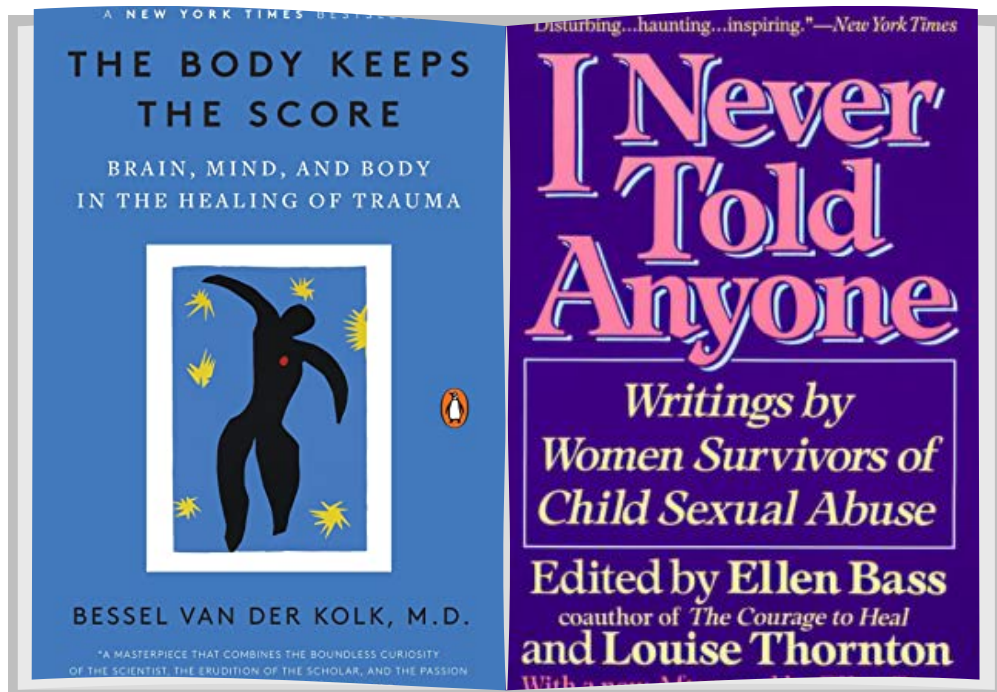
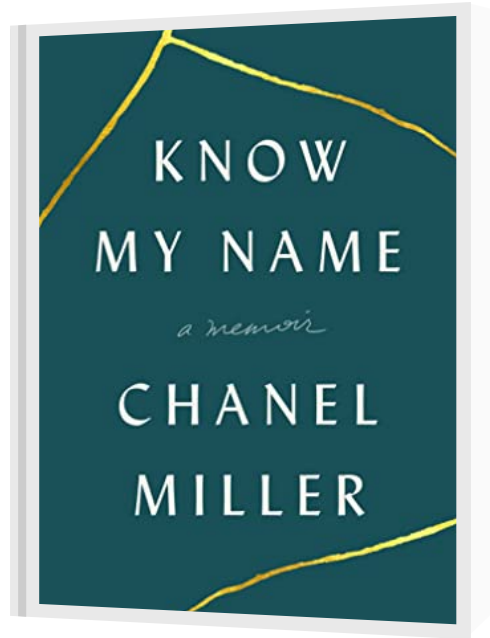
<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

Benefits of the Medical Forensic Exam for Adolescent Patients

The process of working with law enforcement and CPS can be a lot to handle at once, but the staff at the YWCA's Nurse Examiner Program don't want you to forget about your own health and well-being as you go through this process. The Nurse Examiner Program offers anyone who has experienced sexual abuse a medical-forensic exam. Here are some of the very important benefits of having a medical-forensic exam after sexual abuse.

-  You have the right to confidential health care. We offer you a private environment to ask any questions about your personal health.
-  The exam is completed by a nurse who has specialized training in caring for patients of all ages and genders who have experienced abuse.
-  You get to decide who is present with you during your exam.
-  You are in charge of your exam! You have the right to decline any part of the exam, and you can stop the exam at any time.
-  The exam gives the nurse an opportunity to ensure that your body is healthy. If they have any concerns relating to your health, they can talk to you about those concerns at that time.
-  We can also discuss your risk for sexually transmitted infections (STI's) and offer testing.
-  We will discuss resources specific to what is important to you.
-  If you have questions about the exam process, you can always speak with a nurse privately before making an appointment. Please call 616-426-3725.

Recommended Reading!



**Scan these QR codes below for more
information and resources!**

**Resources and
information from RAINN:**



<https://www.rainn.org/>

**Insight Timer App:
Meditation and
Relaxation Resources**



<https://insighttimer.com/>

Calm App:



<https://www.calm.com/>

**Follow @iamempwr on
instagram**



**Inspiration on
Pinterest:**



[https://www.pinterest.com/rainn01/
_created/](https://www.pinterest.com/rainn01/_created/)