

SHOW NOTES

Nayla shares tips for how teens can create their own rhythms for emotional, mental, physical and spiritual self-care.

About Nayla | Nayla Festa is a Licensed Professional Counselor specializing in trauma work, such as EMDR and DBT, with third culture adolescents and families. Nayla is bilingual (English and Spanish). She delights in working with her clients to identify concerns in the teen and parent's life that are causing obstacles in daily functioning. Clients see her specifically for issues like: family trauma (such as domestic violence, abuse or divorce), identity confusion, self esteem issues, parenting, communication issues, depression, anxiety, etc. Nayla offers individual and family therapy, including parenting and group work, from a trauma-informed lens to promote healing. In addition, Nayla holds a Master's Degree in Clinical Mental Health Counseling from Denver Seminary and loves volunteering for Cherry Creek Pres. Her clinical experience comes from her years of work at a child and family community mental health center. She also has years of experience from non-profit work for kids experiencing parental loss. Most importantly, Nayla loves God and loves others. It would be her honor to get to know you and your concerns. Sometimes raising adolescents in a culture other than what you were raised in is confusing and frustrating. If you would like to contact Nayla please reach out the Kids Ministry Team.

REFERENCED RESOURCES FOR YOU:

1. For mindfulness and brain regulation using your breath:

- [Square breathing: used by the military](#)
- Free apps to help get started: Headspace app, iBreathe app, Breathe app.

2. "Flipping your lid" video explaining what happens to the brain, by expert Dan Siegel, **VIDEO**

3. For ideas of activities that may be life giving:

- [50 ways to take a break handout](#)
- [coping skills handout](#)

50 Ways to Take a Break

Take a Bath

Light a candle

Learn something **NEW**

Listen to a guided relaxation

Take Deep Belly breaths

WRITE in a journal

WALK Outside

Eat a meal

SILENCE

Examine an everyday object with fresh Eyes

COLOR with crayons

Do some gentle stretches

Listen to Music

REST your legs up on a wall

Read a Book

MEDITATE

Notice your Body

Go for a run

Turn off all electronics

Drive somewhere **NEW**

Make some **MUSIC**

Paint on a surface other than paper

Write a quick poem

Read poetry

Take a Nap

Go to a body of water

Let out a sigh

Fly a Kite

sit in **NATURE**

Call a friend

Buy some Flowers

Create your own coffee break

Pet a furry creature

Go to a farmer's Market

Let go of something

Put on some music and **DANCE**

Watch the clouds

Watch the stars

Write a Letter

Move twice as slowly

Meander around Town

Find a relaxing scent

View some **ART**

read or watch something **FUNNY**

Engage in small acts of **KINDNESS**

Give Thanks

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99 Coping Skills

1. Exercise (running, walking, etc.)
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

BOYS TOWN
National Hotline

www.yourlifeyourvoice.org

Combat Tactical Breathing

This technique, known as combat or tactical breathing, is an excellent way to reduce your stress and calm down. This breathing strategy has been used by first responders, the military and athletes to focus, gain control and manage stress. In addition, it appears to help control worry and nervousness.

Relax yourself by taking 3 to 5 breaths as described below. Visualize each number as you count.

Breathe in counting 1, 2, 3, 4

Stop and hold your breath counting 1, 2, 3, 4

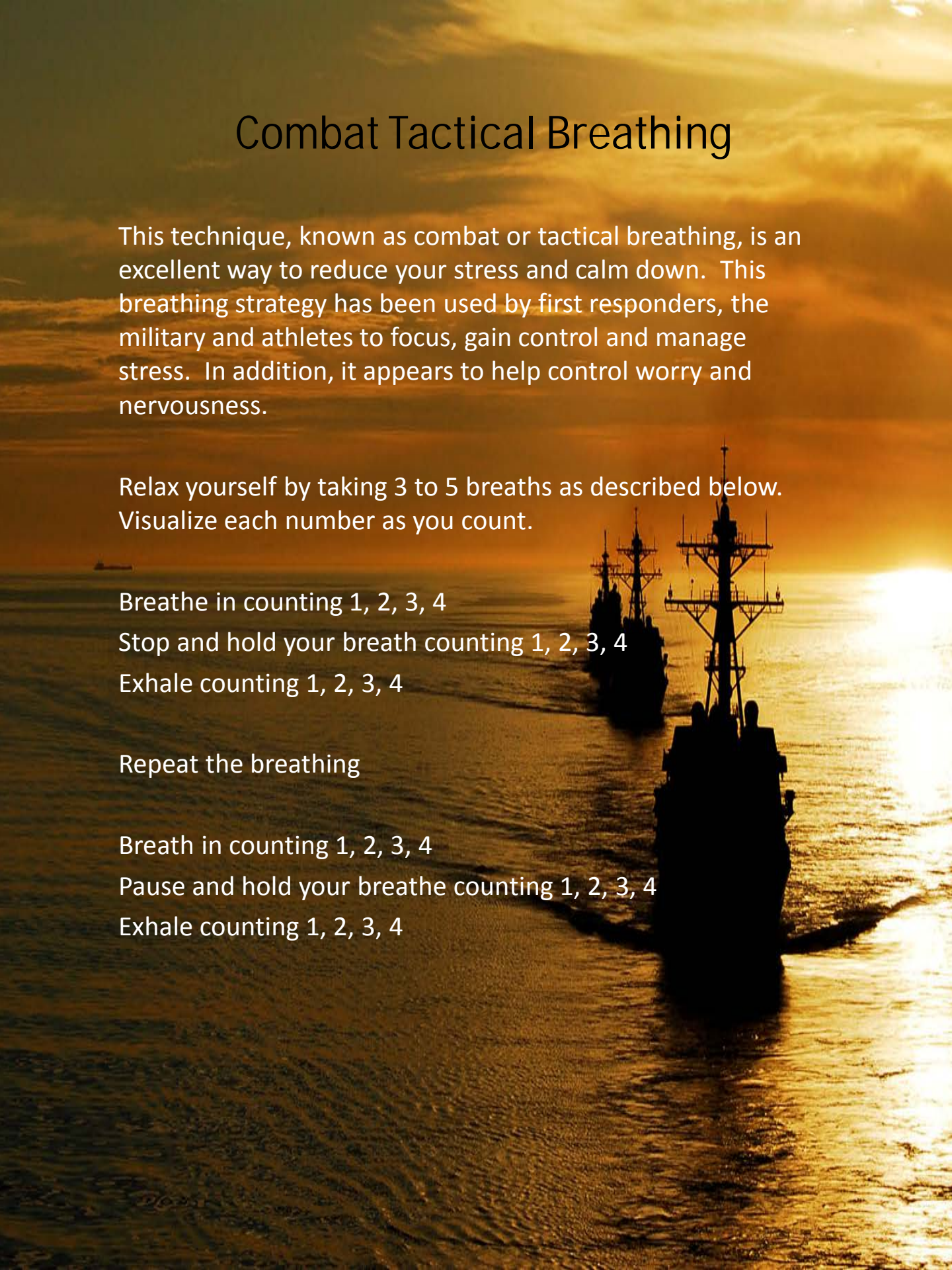
Exhale counting 1, 2, 3, 4

Repeat the breathing

Breathe in counting 1, 2, 3, 4

Pause and hold your breathe counting 1, 2, 3, 4

Exhale counting 1, 2, 3, 4



SQUARE BREATHING

SQUARE BREATHING

