

ARE YOU HAVING FUN YET?

Feeling Good for Teens

*Here are many things you can do for yourself, without using drugs, to keep yourself feeling good.
Here's a list of some of the basic essentials.
You can add to this list as you discover nice things you can do for yourself to keep up your spirits.*

WORK UP A SWEAT.

Exercise every day, fifteen minutes or more. You need to work hard enough at it to get a little sweaty. Make it FUN. Exercise actually produces chemicals in your body that make you feel good. You'll notice how much better you feel afterwards. (You can jog, ride your bike or skateboard, dance, play tug-of-war with your dog, jump rope and play sports with your friends).

THINK POSITIVE THOUGHTS.

Focus your mind on the good things you enjoy doing. Try to capture the good feelings they give you so you can remember them when you need to.

FIND A LISTENER.

Find a friend who will listen to you without judging you. This person needs to accept you just the way you are and be willing to listen without giving advice, unless you ask for it.

RELAX!

Relaxation relieves stress. You can keep yourself calm, alert, aware, and feeling competent and capable. When you are upset, really look at something and describe it to yourself in detail. How many different colors can you find in it? What about textures? Does it have a taste, an odor, and a sound? You'll feel better because you have left the past and not gone into the future. You're exploring the present.

GO FOR NATURAL HIGHS.

You can keep yourself feeling good without chemicals. The really great high times in your life can be from being relaxed, enjoying nature, winning a race, achieving a goal, accomplishing something, being in a place where you can see beauty. There are lots of natural highs out there for you – and they need no drugs!

BE GRATEFUL!

Take a few minutes to relax your body. Think of the things in your life you're grateful for. Write down this list and keep adding to it. If you feel depressed, make a new list. Be sure to include things you like about your parents, friends, your body, fun times, special people in your life, and important events like birthdays and holidays.

MAKE A LOVABLE LIST.

When you think positive thoughts about yourself, your life changes tremendously. Make a list of things you like about yourself (skills, talents, strengths). Make sure each item is positive. Don't say things like, "Sometimes I feel good about myself." Say, "I like myself." Make it a very long list.

Adapted from *Teen Esteem: A Self-Direction Manual for Young Adults*, 2nd Edition, by Dr. Pat Palmer and Melissa Alberti Froehner. Impact Publishers, Call 1-800-246-7228.