



LINDNER
CENTER OF HOPE

ADOLESCENT SELF -CARE

Building Healthy Habits for a Strong Mind and Body

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- What is Self-Care?
- Types of Self-Care
- Barriers to Self-Care
- Community Resources



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INTRODUCTION

- Adolescence is a time of rapid physical, emotional and social change
- Self-care helps teens manage stress, build confidence and stay healthy
- It's not selfish – it's essential



What is Self -Care?



Actions that support physical, mental and emotional well-being

Helps prevent burnout and improves overall quality of life

Includes daily habits, coping strategies, and personal boundaries



WHY SELF - CARE MATTERS FOR TEENS

1

Reduces stress and anxiety

2

Improves focus and academic performance

3

Builds self-esteem and emotional resilience, encouraging healthy relationships



PHYSICAL SELF - CARE

- Get 8-10 hours of sleep each night
- Eat balanced, nutritious meals
- Stay active (sports, walking, dancing, etc)
- Maintain personal hygiene



Mental Self-Care



- Take breaks from schoolwork and screens
- Practice mindfulness or meditation
- Set realistic goals
- Engage in hobbies and creative activities



Emotional Self -Care



- Identify and express feelings in healthy ways
- Talk to someone you trust (friends, family, counselors)
- Practice self-compassion (be kind to yourself)
- Keep a journal



Social Self -Care

- Spend time with supportive friends and family
- Set boundaries in relationships
- Avoid toxic or harmful interactions
- Participate in group activities or clubs



Digital Self -Care



- Limit screen time and social media use
- Take regular breaks from devices
- Be mindful of online content and its impact
- Protect your privacy and mental health online



Coping with Stress



- Deep breathing exercises
- Physical activity
- Listening to music or relaxing
- Breaking tasks into smaller steps



Building a Self-Care Routine

A silhouette of a person standing on a hill, looking out at a sunset. The sun is low on the horizon, creating a warm orange and yellow glow. The person is standing with their back to the camera, looking towards the horizon.

Start small –
Pick 1-2 habits

Be consistent,
not perfect

Make time for
yourself daily

Adjust routines
as needed

Choose a variety
between
physical,
emotional and
mental care
activities

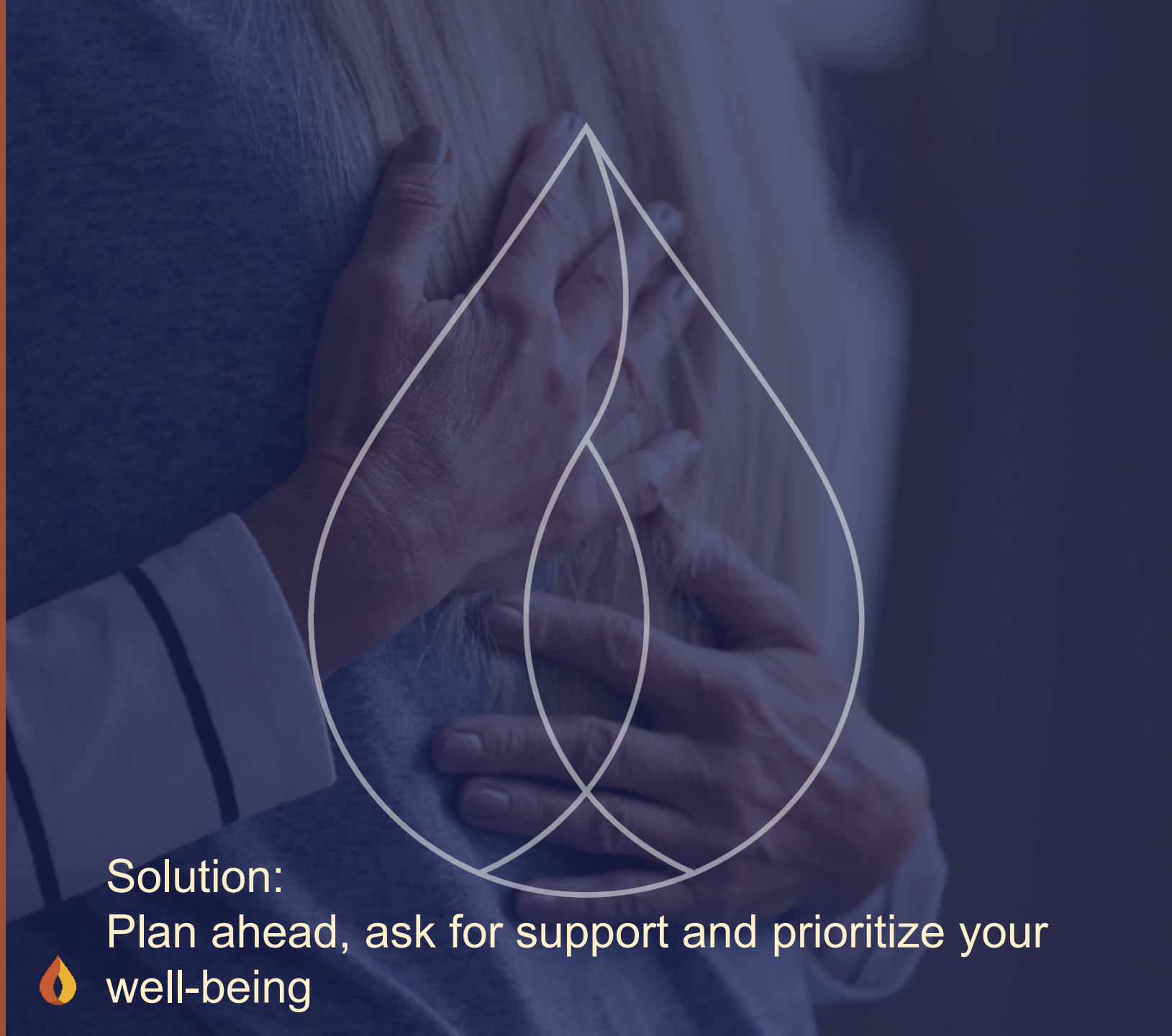


Barriers to Self - Care

- Busy Schedules
- Peer pressure
- Lack of motivation
- Not knowing where to start

Solution:

Plan ahead, ask for support and prioritize your well-being



Self-Care for Those with No Time

S - M - I - N	<ul style="list-style-type: none">Quickly step outside for fresh air.Roll your shoulders when seated.Spray your face with a face mist.Massage your temples, hands, or wrists.Light candles and use diffusers to create a relaxing atmosphere.Reapply moisturizer or hand cream in the bathroom.Work or do chores by a window with sunshine beaming in.	S - I - M - P - L - E	<ul style="list-style-type: none">Take three deep breaths before starting a new task.Take very short but intentional breaks between tasks.Keep uplifting and positive reminders around you, like family photos.If you journal, keep your questions short and limit your answers.If there's a lot going on, just step outside for a few moments to center yourself.
S - T - A - I - V - M - E - N - G	<ul style="list-style-type: none">Use movement reminders.Use a guided stretching app.Try a meal delivery kit.Keep a folder of template replies for emails or messaging instead of writing everything out.Use simple habit or goal trackers that simply require you to check off the day.Listen to audiobooks, podcasts, or music when cooking or doing chores.	S - T - A - I - V - M - E - N - G	<ul style="list-style-type: none">If possible, use commute time for planning, journaling, or trying to get ahead.Cook more one-pot meals that can be eaten the following day or frozen to give you breaks on weeknights.Use quieter times or TV time to squeeze in workouts, like stretching or jump rope.
Y - T - I - M - R - S - E - F - O - R - F	<ul style="list-style-type: none">Block off non-negotiable 'me' time, even if it's just 15 min.Use headphones (or noise-canceling headphones) to help give you space or focus.Set mute times to stop constant notifications distracting you.Create 'no work talk' or 'no-screen time' zones or spaces at home for the whole family.	D - I - G - I - T - A - L	<ul style="list-style-type: none">Set screen time limits.Try voice-to-text journaling or messaging and see if it saves you time.Delete apps or mute notifications that constantly distract you.Set your wallpapers or backgrounds to photos that make you happy.Use an app that sends you self-care prompts.
D - I - G - I - T - A - L	<ul style="list-style-type: none">See if you can automate some tasks or set up auto-responders.Link your calendars to your inbox or messaging services for auto-created events and reminders.	M - O - R - E	<ul style="list-style-type: none">Keep a big pitcher of ice water with lemon or cucumber in the refrigerator.Try to schedule your day around when you have peaks of energy.Look in the mirror and repeat three kind things to yourself before you continue with your day.



When to Seek Help

- Persistent sadness or anxiety
- Trouble sleeping or eating
- Feeling overwhelmed or hopeless
- Talk to a trusted adult, teacher, or mental health professional



Mason Teen Resources

- **Warren County Crisis Hotline:** Call 1-877-695-6333 for immediate assistance and connection to mobile stabilization services.
- **Warren County Crisis Text Line:** Text "4Hope" to 741741 for free, confidential support via text.
- **988 Suicide & Crisis Lifeline:** Call or text 988 to reach trained counselors.
- **Cincinnati Children's PIRC:** The [Psychiatric Intake Response Center](#) (513-636-4124) provides urgent evaluations and help finding community providers.
- **Mobile Response & Stabilization Services (MRSS):** Offers trauma-informed mobile response specifically for youth aged 0–21 in Warren County
- **School Counselors & Wellness Designers:** 21 counselors and dedicated wellness designers are available for social-emotional skill development and crisis intervention.
- **Hope Squad:** A peer-to-peer suicide prevention program where students support one another and help eliminate mental health stigma.
- **Virtual MindPeace Rooms:** Online spaces providing relaxing music and intentional movement exercises for students at home.
- **Lindner Center of Hope**



Cincinnati Resources

- **Cincinnati Children's PIRC**: The main entry point for psychiatric services, offering phone consultations and a Bridge Clinic for urgent needs (513-636-4124).
- **Lighthouse Youth Crisis Line**: 513-961-4080.
- **Suicide & Crisis Hotline**: Call or text 988.
- **Crisis Text Line**: Text HOME to 741741.
- **Hamilton County Mental Health Access Point (MHAP)**: 513-558-8888
- **Child Focus**: Provides behavioral health services and therapy (513-752-1555).
- **Central Clinic Behavioral Health**: Offers child and adolescent counseling (513-558-8888).
- **Greater Cincinnati Behavioral Health Services**: (513-354-5200).
- **Talbert House**: (513-751-7747).
- **New Path Child and Family Solutions**: (513-741-3100).
- **Launch Point Counseling**: Specializes in teen anxiety, depression, and coping skills.



Conclusion

Self-care is a lifelong skill

Small habits can make a big difference

Taking care of yourself helps you succeed in all areas of life



Discussion/Questions

- What self-care habits do you already practice?
- What is one new habit you can start this week?





If time: A self-reflection exercise, perfect for a teen journal prompt or conversation starter - cards



Thank you for
coming!

We'd appreciate
your feedback.



Feedback Survey

