

The Page and the Epistle

OPINIONS

OPINION: PRACTICAL STEPS TEENS CAN TAKE TO IMPROVE COVID-INDUCED MENTAL HEALTH CHALLENGES

FEBRUARY 28, 2022 | ERIN VERCH | 29 COMMENTS

The Covid-19 pandemic continues to take a toll on the mental health of many teenagers. Since the pandemic began, the “rates of psychological distress among young people, including symptoms of anxiety, depression, and other mental health disorders, have increased.” With the resulting spike in mental health struggles among teenagers, the need for help is more vital than ever. To learn more about this topic, I spoke with Dr. Margaret Schlossberg, the clinical consultant for the St. Paul’s Schools. She serves as the school’s psychologist and works closely with the learning specialists and counselors across campus.

Dr. Schlossberg explained that, for students returning to school, for students, “there is probably some more socialization and difficulties that come in terms of confidence about social aspects of school, and identity and belonging.” But school can also offer a great way for students to improve their mental health by being in a social setting. She explained that the first big step to improve mental health is by staying connected. This means continuing to see and stay in contact with friends, participating in class and sports, and staying engaged in the things that you love. “Staying connected is the number one defense for getting over-focused on difficult moods and difficult emotions.”

Another important way to help improve your mental health is through self-care. Although the idea of self-care is often glamorized, it can be as simple as going on a walk or going to dinner with a friend. Dr. Schlossberg explained that “what one person finds as really relaxing and a nice recharge might not be the same as what the next kid finds.” So, self-care is highly personalized.

This concept of self-care is safe on its own but can become a problem if overused. “There is a limit upon which if you are doing that (self-care) all day long that becomes no longer self-care but an escape,” said Dr. Schlossberg. For example, checking social media might be a nice break from school and a time to relax, but if you are looking at it all day, it can do more harm than good.

Dr. Schlossberg suggested that, in some examples, “we need to focus not so much on the self-care but on what is going on in your life that you are needing to get a break.” To get out of the habit of overusing self-care to the point that it becomes an escape, you need to realize what in your life is causing you to want to escape. Whether it is social media, the news, or a difficult class, stepping back to reflect can allow you to find the balance between self-care and escaping. You could do this by adding screen time to social media apps, watching the news less, or working on time management so you can feel more confident in a difficult subject.

With mental health struggles becoming more common, many people around you might be dealing with their own struggles. Dr. Schlossberg recommends that when someone mentions their own mental health struggles, it is best to respond with “empathy, which is to just say that ‘yeah that is totally normal,’ and ‘I feel that too,’ to just empathize that some of what you are feeling is totally normal.” But, if the person you are speaking to starts to explain that what they are experiencing is more serious, then you can offer them some support and comfort them by letting them know that they are not alone, -and they can find help at school through counselors and teachers. You can also ask if they have shared their concerns with an adult or parent or other adult. But above all, she said, “you want to be able to be a good friend and listen.”

The last eighteen months have been so strenuous for mental health. As a St. Paul’s community, we need to remember to prioritize our person mental health and to offer support to those around us. And remember that, according to Dr. Schlossberg, “as long as there is a solution to a problem, there is no problem. And sometimes the solution won’t work right away, but it gets you farther down the road of ‘I’m in the process of trying to manage this.’”

Resources for Young People

If you’re in crisis, get immediate help: Call the National Suicide Prevention Lifeline at 1-800-273- 8255, **chat** with trained counselors 24/7, or get help in **other ways** through the Lifeline

How Right Now (Centers for Disease Control and Prevention): Resources for coping with negative emotions and stress, talking to loved ones, and finding inspiration

Youth Engaged 4 Change: Opportunities for youth to make a difference in their lives and in the world around them **Supporting Emotional Wellbeing in Children and Youth** (National Academies of Medicine): Tools for children, teens,

and parents to learn how to cope with challenges

Mental Health Resource Center (JED Foundation): Information about common emotional health issues and how to overcome challenges

Youth Wellbeing Initiatives (National Council for Mental Wellbeing): Collection of initiatives to improve mental wellbeing in youth and young adults

Kids, Teens, and Young Adults (National Alliance on Mental Illness): Resources for young people to get mental health support

One Mind PsyberGuide: A guide to navigating mental health apps and digital technologies

FindTreatment.gov (SAMHSA): Information on substance use and mental health treatment

Trevor Project: Suicide prevention and crisis intervention resources for LGBTQ+ young people

AAKOMA Mental Health Resources (The AAKOMA Project): Resources to support the mental health of youth of color and their caregivers

29 THOUGHTS ON “OPINION: PRACTICAL STEPS TEENS CAN TAKE TO IMPROVE COVID-INDUCED MENTAL HEALTH CHALLENGES ”



Latest Hairstyles

MAY 5, 2022 AT 10:49 PM

I am so happy to read this. This is the kind of manual that needs to be given and not the random misinformation that is at the other blogs. Appreciate your sharing this greatest doc.



Bruce

MAY 21, 2022 AT 9:14 AM

I was just telling my friend about that.



Lavada

MAY 22, 2022 AT 7:23 PM

Right on my man!



Micheal Buenviaje

JUNE 17, 2022 AT 9:36 PM

I think other web-site proprietors should take this site as an model, very clean and great user genial style and design, as well as the content. You are an expert in this topic!

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JUNE 21, 2022 AT 6:07 PM

you're truly a good webmaster. The web site loading pace is amazing. It kind of feels that you are doing any distinctive trick. In addition, The contents are masterwork. you've done a magnificent process on this matter!

**zorivareworilon**

JUNE 28, 2022 AT 6:07 PM

Hey There. I discovered your blog using msn. This is a very well written article. I will make sure to bookmark it and come back to learn extra of your useful information. Thanks for the post. I'll definitely comeback.

**alacsony fuvardijak**

JULY 20, 2022 AT 6:50 PM

I just like the helpful info you provide to your articles. I will bookmark your blog and take a look at once more right here regularly. I am rather certain I'll be told many new stuff proper here! Good luck for the following!

**alienware 17in laptop**

JULY 28, 2022 AT 5:38 AM

I am so grateful for your blog post. Much thanks again. Cool.

**샌즈카지노**

AUGUST 15, 2022 AT 10:31 PM

I really like and appreciate your article post. Really thank you! Awesome.

**driving lessons**

AUGUST 17, 2022 AT 6:27 PM

Very informative post. Really looking forward to read more. Much obliged.

**premier league live stream uk**

AUGUST 19, 2022 AT 12:52 PM

Thanks so much for the post. Really thank you! Great.

**soccer live stream online**

AUGUST 19, 2022 AT 5:41 PM

Really appreciate you sharing this post.Thanks Again.

**Situs jayabola**

AUGUST 20, 2022 AT 1:54 PM

Enjoyed every bit of your blog article.Really thank you!

**สล็อตเว็บใหญ่**

AUGUST 20, 2022 AT 6:58 PM

I cannot thank you enough for the blog post.Much thanks again. Keep writing.

**customer care number**

AUGUST 21, 2022 AT 6:40 AM

Wow, great post.Thanks Again. Fantastic.

**19다모아**

AUGUST 21, 2022 AT 7:39 PM

Thanks for the blog post.Really thank you! Will read on...

**Send money to Pakistan**

AUGUST 22, 2022 AT 12:17 PM

Great, thanks for sharing this blog post.Really thank you!

**investor quality leads**

AUGUST 23, 2022 AT 7:46 AM

I am so grateful for your blog post. Awesome.

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AUGUST 23, 2022 AT 3:34 PM

Major thanks for the post. Much obliged.



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AUGUST 26, 2022 AT 1:10 PM

I value the blog post.Much thanks again. Really Cool.



สล็อตออนไลน์

AUGUST 31, 2022 AT 2:08 PM

Thanks so much for the article post.Really thank you! Want more.



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SEPTEMBER 3, 2022 AT 6:38 PM

Im thankful for the article post.Really thank you! Want more.



Carpet Nurse

SEPTEMBER 4, 2022 AT 5:24 AM

Very good blog article.Thanks Again. Want more.



academic writer

SEPTEMBER 8, 2022 AT 9:20 AM

Very good post.Much thanks again. Fantastic.



Let's go

SEPTEMBER 10, 2022 AT 2:08 PM

I think this is a real great blog post.Really looking forward to read more.



driving lessons

SEPTEMBER 10, 2022 AT 8:27 PM

I cannot thank you enough for the post.Really looking forward to read more. Fantastic.



kelvin kaemingk

SEPTEMBER 11, 2022 AT 7:47 AM

Really enjoyed this post.Really looking forward to read more.

**best cryptocurrency to invest in 2021 for short-term**

SEPTEMBER 12, 2022 AT 12:11 PM

I appreciate, cause I found exactly what I was looking for. You've ended my four day long hunt! God Bless you man. Have a nice day. Bye

**best cryptocurrency to buy now**

SEPTEMBER 14, 2022 AT 4:09 PM

I discovered your blog site on google and check a few of your early posts. Continue to keep up the very good operate. I just additional up your RSS feed to my MSN News Reader. Seeking forward to reading more from you later on!...