






# wellness for Teens

<p>Make some (digital) art <a href="#">24 Best Free Drawing Apps</a></p> 	<p>Learn effective ways to cope with grief during the holidays. <a href="#">"Dealing with grief during the holidays doesn't mean avoiding it"</a></p>	<p>Meditate <a href="#">12 Science-Based Benefits of Meditation</a> <a href="#">Guided meditations for teens</a></p>	<p>Learn time management strategies <a href="#">9 Quick Tips for Students Struggling with Time Management</a></p>	<p>Build your power to get what you need. Learn how to <a href="#">Be Your Own Advocate</a></p> 
<p>Learn some ways to deal with stress from school, family problems, the future <a href="#">Self-Care in High School</a> (video)</p>	<p>Escape into a good book <a href="#">Always available ebooks and audiobooks from Multco Library</a> Use <a href="#">Library Connect</a> to get access to all library resources</p>	<p>Improve your relationship with money <a href="#">5 Tips for Teens to Practice Financial Self-Care</a></p> 	<p>Do a puzzle to chill out &amp; grow your brain <a href="#">NYT Games</a> (many free)</p> 	<p>Connect with a sibling: Play a game, make a video, cook something, watch a movie together. <a href="#">How Your Siblings Can Make You Happier</a></p>
<p>Check out the <a href="#">Calm app</a> to improve sleep, manage stress</p>	<p>Do some yoga <a href="#">Yoga classes for teens on YouTube</a></p>	<p>Family stress during the holidays? <a href="#">How to deal</a></p>	<p>Watch a movie Free movies via <a href="#">Hoopla</a></p>	<p>Feeling stressed and depressed by the holidays? <a href="#">Tips for Coping</a></p>
<p>Do your laundry! Don't know how? Watch <a href="#">The Laundry Episode (Essential Life Skills for Teens)</a></p> 	<p>Assess your stress level and make a plan for managing it <a href="#">Stress Self-Assessment &amp; Management Planning Guide</a></p>	<p>Make or discover a playlist to <a href="#">focus</a> yourself or <a href="#">dance it out</a></p> 	<p>Draw a <a href="#">Zentangle</a></p> 	<p>Go outside and watch birds and squirrels. Or <a href="#">watch a Monterey Bay Aquarium live cam</a>.</p> 
<p>Get a better night's sleep <a href="#">Sleep Hygiene for Teenagers</a> (video)</p> 	<p>Write your way to greater self-knowledge <a href="#">Journal Prompts for Teens and Young Adults</a></p>	<p>Can online You mess up things for IRL You? <a href="#">Learn How to Manage Your Digital Footprint</a></p> 	<p>Feel seen: <a href="#">"The Agnostic's Holiday"</a> <a href="#">"Please Stop Saying Happy Holidays When You Mean Merry Christmas"</a></p>	<p>Feed yourself (literally) <a href="#">25 Simple Recipes Teens Can Cook Themselves</a></p> 