

How to Be Victorious Over the Toxic Teen Years

SIMPLE PRACTICES TO HELP YOUR TEEN GRACEFULLY
MANAGE THE PROCESS OF FINDING THEMSELVES

Boundless

INSPIRATION. GUIDANCE. TRANSFORMATION.

What's Going On?

The teen years are all about discovering "self".



Between the ages of 14 and 20, we humans are focused on finding out who we are and what we stand for. And, well, sometimes we are not really sure and sometimes it is hard to drown out the noise of everyone else's opinions. It takes a lot of energy to go through this process of soul searching.

That confusion and exhaustion can make teens feel a little toxic to the touch! The door slamming, the silent treatments, the rudeness, the fighting, the eye-rolling. You know the sort of toxicity I mean!

DURING THE TEEN YEARS, THERE IS A BIG FOCUS ON THE ENERGY OF THE SOLAR PLEXUS CHAKRA*. THE SOLAR PLEXUS CHAKRA IS THE ENERGETIC CENTER OF OUR BODY THAT ALLOWS US TO BE AUTHENTIC AND IN CONTROL OF OUR LIFE.

WHEN WE ARE IN A PLACE OF BALANCED ENERGY, WE OWN OUR OWN DESIRES, OPINIONS, VALUES, AND ACTIONS. WE ARE AUTHENTIC.

WHEN OUR ENERGY IS OVERACTIVE, WE ARE OVERLY ATTACHED TO OUR DESIRES, OPINIONS, VALUES, AND ACTIONS WE FORCE THEM ON EVERYONE WE COME IN CONTACT WITH.

WHEN OUR ENERGY IS UNDERACTIVE, WE HAVE NO DESIRES, OPINIONS, VALUES, AND ACTIONS AND ARE VERY APATHETIC.

As parents, we can make this period of self-discovery easier on our teens if we help them to keep their energy flowing through various physical and mental practices.

* [CLICK HERE](#) TO LEARN MORE ABOUT THE CHAKRAS.

What You Can Expect

I am excited to share a number of simple and effective practices with you. I have used these practices with my own teen and watched her transform from a soul full of angst and anger to one filled with patience and optimism. I won't say that she doesn't have bad days but they are far less frequent and less intense.



WHILE THE PRACTICES ARE SIMPLE, THEY ARE NOT EASY. JUST LIKE WITH BUILDING ANY HABIT, THESE PRACTICES TAKE TIME AND EFFORT TO CREATE A TRANSFORMATION. I ENCOURAGE YOU TO GIVE YOURSELF 21 DAYS (THE TIME IT TAKES TO FORM A HABIT) OF FULL EFFORT. DON'T JUDGE HOW THINGS LOOK AT THE END OF ONE DAY, ASSESS HOW THEY LOOK AFTER 21 DAYS. PERHAPS EVEN TAKE SOME NOTES ABOUT YOUR TEEN'S "TOXICITY" RIGHT NOW AND THEN COMPARE AFTER 21 DAYS.

Feel free to use all of the practices at once or add them in to your teen's life little by little. You don't even have to try all of them. There is no wrong way to do it! You create your own process.

Watch the Sugar and Carbs

Your solar plexus chakra feeds on carbohydrates. When it is balanced, your consumption is balanced. But when your chakra is unbalanced you have a serious craving for carbs and sugars. This addiction wrecks havoc not only on your overall health but on your blood sugar levels as well. And wild blood sugar levels equal wild emotions.

KEEPING YOUR TEENS CONSUMPTION OF CARBS AND SUGARS BALANCED WILL
KEEP YOUR TEEN'S ENERGY AND EMOTIONS MORE BALANCED.

Reduce your overall carb and sugar consumption.

Swap healthy carbs and sugars for the unhealthy ones. Use honey or coconut sugar, oats and other whole grains.

Get those sugary drinks out of the house!

Fill the house with healthy snacks.

Avoid offering snacks and treats. Let your teen's hunger be their guide.

I get that changing your teen's diet is hard and I don't suggest going with a clean sweep. Instead, make small changes over a period of time!

I know that teens are out and eating on their own a lot. Relax. I believe as they begin to develop better habits at home they will begin to make better choices when they are out

Encourage Exploration and Creativity

A very wise woman in my town once told me that in order for your teen to discover who they are, they need to try things on. Activities, people, personalities. It makes total sense. How are going to figure out who you are if you don't what is out there?

LET YOUR TEEN TRY DIFFERENT THINGS.
EVEN IF YOU DON'T SEE THE VALUE IN THEM OR THEY ANNOY YOU.

Listen to your teens when they tell you they are interested in something!
Support them in trying new activities or friends or clothes.

Make suggestions (like classes or clubs) that might allow them to explore their interest.
But don't push them to do it. Let them choose..

Let go of the worry that they are wasting their time.
No time is ever wasted. We are always learning something. Even if it is learning that something is just not for us.

I encourage you to stop worrying about how exploration will impact the college application!
Everything that your teen does with all their heart will provide them with valuable experience.
When they do what they love, they will work harder, be more determined, be more creative,
and be more valuable.
And all that makes for a pretty kick-ass application.

Build Personal Strength

Have you ever noticed how kids in sports tend to have a pretty good sense of personal strength? They have confidence and a sense of self.
Because they have a strong core.

HELP YOUR TEEN BUILD PHYSICAL CORE STRENGTH.
IT WILL HELP THEIR ENERGETIC CORE AS WELL.

See if your teen would like to try a new class that will help them build core strength.
Something like belly dancing or biking or boxing.

Start a family fitness challenge. The winner gets a great reward.
Planks, sit-ups, yoga.

If your teen is particularly apathetic, it may be hard to get them involved in a physical activity.
You may need to start small and get creative and may even have to resort to bribes.
But give it a good try because building that internal fire is really essential to being in touch
with your self.

Accept Introverts and Extroverts Equally

We all get our energy differently. Introverts get recharged by being alone and extroverts get their energy from being with other people.

It doesn't mean that if you are an introvert you don't like to go to parties or as an extrovert you don't like to snuggle up with a good book, it just explains how you recharge.

Without a recharge, your teen doesn't have the energy to tap into themselves.

KNOW HOW YOUR TEEN RECHARGES.
AND SUPPORT THEIR NEEDS.

When your introverted teen wants to be alone, let them.
Offer them opportunities to join into activities or make suggestions to call a friend, but don't push. They are recharging.

When your extroverted teen begs to go out, let them.
They are looking for a way to recharge.

It may be hard on us parents to watch our kids sit home alone on a Saturday night. But, truly, that is what some kids need. If they are not upset, you should not be either. While it breaks my heart that my one daughter has no desire to go to a prom because of the noise and the crowds, I have decided to embrace her needs.

Also, while I am encouraging you to respect the way your teen recharges, you also need to be aware if there is a problem where they cannot get out of their recharge mode. When your introvert never wants to be with friends and your extrovert is sneaking out of the house, that may require some intervention.

Give Them A “Congratulations Journal”

Many teens, and actually people of all ages, have a hard time seeing all of the amazing things that they do.

But seeing yourself clearly is an important part of knowing yourself.

GIVE YOUR TEEN THE OPPORTUNITY TO RECORD AND REFLECT ON THEIR ACCOMPLISHMENTS.

Give your teen a special, private journal and ask them to write down three things each day that they accomplished. Three things they can congratulate themselves on. These can be major things like winning an award or more subtle things like holding the door for someone.

This practice will help your teen to start to see who they are and what makes them special.

Getting a teen to journal is hard, I admit.
Don't force, just try.

And if the journal idea doesn't work, weave this practice into car or dinner conversations. As your teen talks, be sure to point out their accomplishments. In a casual way, of course. While you may not think they are not listening, they are!

Get Your Teen Outside

There is nothing better for mood than some fresh air and sunshine. Sunshine is especially good for balancing your solar plexus chakra!

ENCOURAGE YOUR TEEN TO SPEND MORE TIME OUTSIDE.

Set up a great outdoor homework spot.

Have them walk or bike to a friend's house or school instead of driving them.

Help them find a job that gets them outside.



Allow Natural Consequences

Throughout our teen's developmental years, they will make decisions that are not so great. Cheating, lying, gossiping, stealing.
And there will be consequences to those decisions.
With these consequences come valuable life lessons.

DON'T SAVE.
GUIDE.

Ask your teen if they want help or your opinion.
Respect their answer.

Share stories of your own poor decisions.

Show your unconditional love.

It is so very hard not to save our kids from uncomfortable consequences.
But every time we do that we communicate to them that we don't think that they can solve their own problems, that we don't believe in them

Certainly there are situations that involve health and safety in which we need to be involved and even take charge, but most uncomfortable situations are just that. Uncomfortable.

Enhance Their Energy

There are different oils, crystals, flowers, and herbs that help to get the energy of the solar plexus chakra flowing.

ADD SOME POSITIVE ENERGY TO YOUR TEEN'S DAILY LIFE.

Try doTERRA's [Cheer](#) oil in a diffuser in their room or give them the roll-on version to use when they need a lift.

Find a yellow tourmaline for them to keep with them.
Yellow tourmaline is a crystal that helps rid your body of negative energy.

Bring some yellow flowers into the house.

Add some ginger to your cooking.

Develop Your Own Sense of Self

Kids are sponges.
Even if we think they are not paying attention, they are.

IF YOU WANT YOUR TEENS TO KNOW WHO THEY ARE, BE SURE YOU ARE SHOWING THEM THAT YOU KNOW WHO YOU ARE.

Check out Ben Franklin's [Thirteen Virtues](#) to understand what it is to have a vision for what is important in your life.

Identify your personal core values with this [exercise](#) by Scott Jeffrey,

Knowing who you are is really important when you come into conflict with your teen, If you are able to come from a place of knowledge where you can say “I value this” and “You value that”, you can talk about concepts and keep the emotion out of the discussion. If you don't know who you are, when you are threatened by a conflict, you spiral into hot, wild emotion. And that is just a recipe for a fight.

Checklist

Use this checklist to remind yourself of the various ways you can help your teen.



WATCH THE SUGAR AND CARBS



ENCOURAGE EXPLORATION AND CREATIVITY



BUILD PERSONAL STRENGTH



ACCEPT INTROVERTS AND EXTROVERTS
EQUALLY



GIVE THEM A “CONGRATULATIONS JOURNAL”



GET YOUR TEEN OUTSIDE



ALLOW NATURAL CONSEQUENCES



ENHANCE THEIR ENERGY



DEVELOP YOUR OWN SENSE OF SELF

Habit Tracker

It takes 21 days to form a habit.

If you want to make some of these practices permanent, use this chart to help yourself do them each day.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Watch the sugar and carbs																					
Encourage exploration and creativity																					
Build personal strength																					
Accept introverts and extroverts equally																					
Use a "Congratulations Journal" (or conversation)																					
Get your teen outside																					
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Enhance their energy																					
Develop your own sense of self																					

Next Steps



THANK YOU FOR TAKING
THIS TIME TO EXPLORE
WAYS TO HELP YOUR TEEN
MOVE THROUGH THEIR
SELF-DISCOVERY WITH
GRACE AND JOY!

When your teen is ready to start deeply exploring their authentic self, please try my online, self-paced course, [The Strange Pull of What You Really Love](#). It is a a great way to discover who you are so that you can make decisions about college, career, and life.