



3 Keys to Better Mental Health for Teens This Summer

Sleep, Screens, and Social Connection

Katie Campbell, LCSW, CDWF, CTRP

Summer brings vacations, beaches, summer camps, late nights and sleeping in, family time, and so many other things to enjoy! For many teens, however, this season can also lead to less structure, increased isolation, and heightened insecurities. With intentional planning, summer can support both rest and emotional well-being.

Research shows that unstructured summer months can increase feelings of anxiety, depression, and loneliness in adolescents. The following can help parents support their teen's mental health throughout the summer.

PRIORITIZE HEALTHY SLEEP

Adolescents need approximately eight to ten hours of sleep each night to support emotional regulation and overall mental health. While summer allows flexibility, completely reversing sleep schedules can negatively impact mood and energy. Talk with your teen to encourage a reasonable bedtime and wake time in the summer, of course they can at times stay up late and sleep in but maintain balance.

SET HEALTHY SCREEN BOUNDARIES

Reducing screen time protects mental wellness and encourages meaningful connection. Create tech-free zones, such as bedrooms at night or family meals. Talk with your teen about putting a limit on their phone, tablet, computer or video games. When adolescents help create these boundaries, they are more likely to follow them. Adults modeling healthy technology use also reinforces these habits.

STRENGTHEN SOCIAL CONNECTION

Schedule activities and time with friends! Encourage a normal waking time by implementing chores or scheduling other activities during the day. When age appropriate, encourage a summer job, volunteering, or other activities that will ensure socializing and a feeling of productivity.

"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest." — Matthew 11:28–30 (GNT)

Together, families can work to make the most of the summer, creating lasting memories and enjoying the time off from school! Always keep in mind, even summer is God given and He wants us to rest!



3 Keys to Better Mental Health for Women

Connection, Self-Care, and a Growth Mindset

Lindsey Parker, MA, LPC

Supporting women's mental health requires intentional practices that nurture connection, care for the body and mind, and encourage a growth mindset. Three key components are finding and or creating spaces where women can be heard, prioritizing self-care through physical and mindful practices, and developing a growth mindset.

CULTIVATE SUPPORTIVE RELATIONSHIPS

Women benefit deeply from spaces where they feel heard and supported relationally. Emotional health often improves when women have trusted relationships where they can express thoughts and feelings openly without fear of judgment. Whether through friendships, family, small groups, or counseling, being listened to validates experiences and reduces feelings of isolation. Healthy relationships remind women that they are not meant to carry burdens alone. When someone listens with empathy and compassion, it fosters safety, belonging, and emotional healing.

PRIORITIZE SELF-CARE

Nurturing the body and mind plays a critical role in mental well-being. Caring for physical health through sleep, movement, and balanced nutrition supports emotional stability. In addition, mindfulness practices such as prayer, reflection, or quiet rest allow women to slow down and reconnect with themselves. These moments of stillness help calm stress and restore inner peace amid busy or demanding lives.

DEVELOP A GROWTH MINDSET

Focuses on the belief that your basic qualities can be grown through your hard work, implementation of new strategies, and support from others. Cultivating a growth mindset helps women view challenges as opportunities for learning rather than permanent setbacks. A growth mindset encourages resilience, hope, and perseverance. When difficulties arise, believing that growth is possible allows women to move forward with courage and confidence instead of feelings of failure.

Psalm 23:2–3 says, "He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." This verse reflects the importance of rest, renewal, and guidance. Just as a shepherd cares for and restores his sheep, God provides peace and restoration for those who seek Him.

Together, supportive relationships, mindful self-care, and a growth mindset help women cultivate stronger mental health and renewed hope.



3 Keys to Better Mental Health for Men Conversation, Action, and Spiritual Foundation

Clint Donaldson, LPC-S

Men's mental health often goes unaddressed, even as many struggle silently. Social expectations and stigma can discourage openness, leading to isolation. Faith offers an invitation to bring burdens into the light rather than carry them alone.

NORMALIZE HONEST CONVERSATION

Men need safe, judgment-free spaces to express emotions. Friendships, mentoring relationships, small groups, and counseling can help break stigma and foster vulnerability. Honest conversation builds strength, trust, and connection.

ENCOURAGE HEALTHY ACTION

Avoidance and withdrawal can worsen emotional distress. Encouraging proactive steps—such as counseling, physical activity, structured routines, or accountability—helps interrupt isolation and improves long-term outcomes.

STRENGTHEN SPIRITUAL FOUNDATION

Prayer, Scripture, and worship ground men in identity, purpose, and hope. Spiritual health and mental health are deeply connected, reminding men that their worth comes from God rather than performance.

“Cast all your anxiety on Him because He cares for you.”— 1 Peter 5:7

By combining practical support with spiritual truth, men can move from silent struggle toward restoration and strength.

The Center's 40+ therapists and psychologists provide counseling and psychological services across North and Central Texas. Scan to learn more.






May is Mental Health Awareness Month

3 Keys to Better Mental Health...






...for Women




-  Prioritize self-care
-  Strengthen social connection
-  Develop a growth mindset



...for Teens

-  Prioritize healthy sleep
-  Set healthy screen boundaries
-  Strengthen social connection

...for Men




-  Normalize honest conversation
-  Encourage healthy action
-  Strengthen spiritual foundation



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