

# Help – My Teen is in a Bad Mood

Everyone has bad moods. They are common teen behavior. Often without warning, parents observe angry outbursts, slamming doors, stomping of feet and “the look”.

The teen years are a challenge for parents and teens. Parents often expect adult-like behavior from their teen. Teens are not children. However, they sometimes have child-like feelings.

With puberty, hormones cause physical changes. These hormones also cause mood swings – ups and downs. The result can be out-of-control behavior.

A teen’s daily routine already causes stress. Hectic schedules often leave little time for hanging out. Trying to fit in socially can cause worry and anxiety. Then, add the pressure of getting good grades and performing well in extracurricular activities. It becomes too much for many teens to handle.

How can parents help? Remind your teen that everyone has bad moods. When a bad mood strikes, tell your teen to:

• **Enjoy music.** Play something fun and upbeat.

• **Exercise.** Go outside. Exercise and listen to music. Endorphins from exercise help improve her mood.

• **Get extra sleep.** Teens need 8 ½ hours of sleep. Being tired makes a teen irritable.

• **Relax in a shower or bath.**

• **Talk to a good listener** – who lifts his spirits and makes him laugh. Avoid anyone who brings him down.

• **Help someone.** A kind act will lift her mood. Helping others in need often changes a person’s viewpoint.

• **Do relaxation exercises.** Count to 10. Take deep breaths. Meditate. Slow down life.

• **Read a book. Play a video game. Watch a movie.**

• **Adjust his schedule.** He may need to drop 1 or 2 activities.

• **Cry.** Crying releases tension.

Observe your teenager daily. Persistent bad moods could be a sign of a mental health problem. Teens who experience long periods of irritability, anger, fatigue and apathy may be suffering from depression.

Depression is a serious health problem. It requires treatment. If untreated, depression can lead to suicide. Anxiety and panic disorders, also common among teens, require treatment. Seek medical and psychological help if you have any questions concerning your teen’s moods.



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