

Change to Chill™ FAQs

Change to Chill™ is a free, online mental well-being program that aims to help teens identify stress, learn about how it affects them and, most importantly, how to manage it.

Below is everything you need to know about using Change to Chill lessons and resources in your classroom, home or community!

How do I get to Change to Chill?

Change to Chill is accessible on all devices (including desktops, laptops, tablets and smart phones). Simply visit changetochill.org!

What are the topics covered on Change to Chill?

Change to Chill covers topics related to mental well-being including, [guided imagery](#), meditation, [mindfulness](#), [finding balance](#), [getting perspective](#) and practicing gratitude.

Topics can be viewed from the “teen” side of the website or from the “educator/adult” side of the website. All topics are covered on both sides of the website. Allina Health’s topic area experts and curriculum writers craft the lessons and activities, all aligned with [National Health and Physical Education Standards](#). Change to Chill content is always expanding, so check in often to keep up to date!

What ages can use Change to Chill resources?

Change to Chill is designed for teens ages 13-19, as well as for educators/parents/guardians who support teens.

According to the American Psychological Association, teens are under pressure and reporting comparable stress levels and symptoms of stress as adults. Stress is linked to symptoms of depression and anxiety, which lead to a host of other psychological and physical issues. Change to Chill was created especially for teens, in response to these rising rates of mental health issues.

Where should I start?

As an educator or adult, you should start with the [“educator/adult” side](#) of the website. On this side of the website a variety of tools are available, including [resources](#) on mental health, links to Change to Chill’s [partnership with Girl Scouts River Valley](#) and [Leading a Series](#) of lessons on Change to Chill curriculum. The [Lead a Series](#) section is a great place to start for easy, step-by-step instructions for implementing Change to Chill as individual lessons and activities or as a series.

Can I find Change to Chill content on social media?

You can find Change to Chill on [Instagram](#), [Pinterest](#), [Facebook](#) and [Twitter](#). Follow, share and like today!



Are there interactive features of Change to Chill?

There are two interactive features of Change to Chill: (1) the [Chiller Challenge](#) and (2) [Chill Chat](#).

The [Chiller Challenge](#) is a creative outlet for teens to share inspiring ways to relax, reduce stress and find balance in life. Teens create their own images and upload them to changetochill.org. Every month, a team at Allina Health votes on up to 10 winners who receive a \$25 Amazon e-giftcard and have their Chiller images featured on the website.

[Chill Chat](#) is a conversation platform, managed by Allina Health clinical psychologist, [Dr. Lisa Herman](#). Dr. Herman posts a timely topic every few weeks and teens have the opportunity to respond to the topic, sharing their own experiences, struggles and things that work for them when it comes to managing stress. Chill Chat gives teens an opportunity to connect with a specialist in the field while also seeing that others are dealing with the same things they are – they are not alone!

How do I contact Change to Chill?

You can always contact Change to Chill via email at changetochill@allina.com or by clicking “Contact Us” on the website.