

What is Change to Chill?

Change to Chill is a teen, online mental well-being resource.

Changetochill.org

AN OVERVIEW FOR PARENTS AND OTHER CARING ADULTS

Change to Chill provides teens with unique and useful ideas to manage stress in healthy ways. Developed in collaboration with young people, parents, educators and wellness experts, Change to Chill offers mindfulness concepts, resiliency techniques, deep breathing exercises and additional strategies for teens to help them stress less, be healthier and happier, and be better able to face life's challenges.

"When teens have the resources and support to stress less, they are more resilient and able to live fuller and happier lives," said Susan Nygaard, manager of Allina Health's Community Health Improvement.

The information isn't just for teens. Change to Chill includes resources for parents, caregivers, teachers, mentors and others. People of all ages can benefit from learning how to stress less and enjoy life more.

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"Change to Chill works as a preventive measure to equip teens with tools and resources to better manage stress and anxiety."

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To learn more about Change to Chill resources, including audio and video guided meditations, stretches and mindful movement exercises, as well as practical strategies for de-escalating stress and developing a sense of gratitude, visit changetochill.org.

Schools and other groups interested in getting involved with Change to Chill can request information via the **Presentation Request Form** on the website.

CHANGE TO CHILL IN THE COMMUNITY

Change to Chill School Partnership

During the school year, Change to Chill partners with select high schools to provide additional mental well-being support and training to school staff and teens through the Change to Chill School Partnership. The Partnership includes trainings for staff, focus groups with students, outreach and engagement with parents, environmental changes and funding for a Chill Zone – a designated student space to relax.

Train the Trainer

Change to Chill offers free, community wide Train the Trainer sessions. Train the Trainer sessions provide educators and members of community groups with knowledge about teen stress, demonstrate ready-to-use, lessons and activities, facilitate participant discussion time, provide time for community networking and provide participants with the skills to implement Change to Chill in a school, home or community setting. To learn more about trainings and register for a session, visit ChangetoChill.org.

change to chill[™]
SCHOOL PARTNERSHIP