



WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

MONTHLY MENTAL HEALTH INSIGHT

Is the Next Generation of Kids Doomed? Open Letter to Stressed Parents from a Tween & Teen Therapist

If you're raising a tween or teen right now, you've probably had at least one moment where you've wondered: "Are kids okay?" Maybe you've watched your child struggle with anxiety, social media pressures, academic stress, loneliness, or self-esteem. Maybe you've read alarming headlines or read a parenting book about children's mental health and thought, *What kind of world are they growing up in?*

Parenting has always been challenging, but many parents are navigating a unique combination of pressures. You're raising children in a world shaped by smartphones, social media, school violence concerns, political division, economic uncertainty, and a constant stream of information that tells you everything that could go wrong. It's overwhelming. While today's challenges are real, history offers some important perspective. For centuries, older generations have worried that the next generation was headed in the wrong direction. Ancient philosophers complained that young people lacked respect and discipline. Parents worried that novels and fiction would rot children's brains. Radio was blamed for distracting youth. Then came television, video games, the internet, and now social media.

Every generation encounters new cultural shifts that feel unfamiliar, uncomfortable, and sometimes frightening.



This doesn't mean today's concerns should be dismissed. Rates of anxiety, depression, and stress among children, adolescents, teens, and young adults deserve serious attention. But it does mean that fear alone is not a reliable predictor of how an entire generation will turn out. Young people have always adapted to changing circumstances. Human resilience is one of the most consistent themes throughout history.

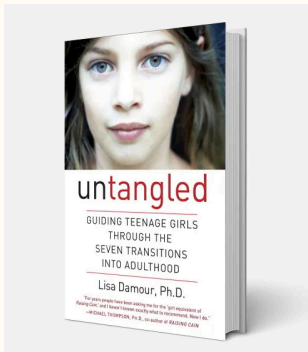


Reasons to Have Hope for This Generation

- **Today's kids talk about mental health** – Many young people have a language for emotions that previous generations never had. While sometimes these conversations can become oversimplified (especially on social media), having a shared vocabulary creates opportunities for support and intervention.
- **They care deeply about others** – Many teens are highly aware of social issues and the impact their actions have on others. While this awareness can sometimes contribute to anxiety, it also reflects empathy and a desire to create positive change in the world.
- **They are more open to getting help** – Previous generations often viewed therapy as a last resort. Many of today's tweens and teens are significantly more willing to seek support. That openness can lead to earlier intervention and healthier coping skills.
- **They are creative and adaptable** – This generation has grown up in a rapidly changing world. As a result, many young people demonstrate remarkable flexibility, creativity, and problem-solving abilities. They are accustomed to learning new skills, adapting to change, and finding information quickly.
- **They desire authentic connection even if they feel nervous** – Despite stereotypes about technology, most teens still crave meaningful relationships. They want close friendships. They want supportive families. They want to feel understood.

What Your Tween or Teen Actually Needs Most

Your child does not need a perfect parent. They need a parent who is present: someone who listens more than lectures, someone who repairs after conflict, someone who can tolerate difficult conversations, and someone who reminds them that mistakes are opportunities for growth rather than evidence of failure. Most importantly, they need to know that their worth is not dependent on their performance, appearance, achievements, or ability to make you proud. The fact that you're reading an article like this suggests you're already invested in being that kind of parent.



Book of the Month

UNTANGLED BY LISA DAMOUR, PHD

A book about raising girls, navigating the difficulties of parenting young women, and exploring the nuances of their experiences.

[READ HERE](#)

Free Resource

JOURNAL PROMPTS FROM A THERAPIST

A noncomprehensive list of journal prompts for people who are hoping to reflect a little more with their free time this summer.

[CLICK HERE](#)

Exciting Practice Updates

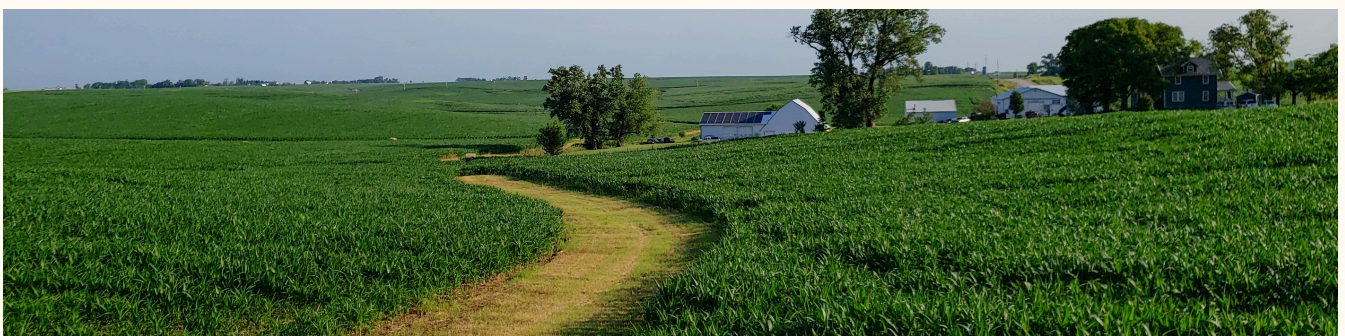
LCPC OBTAINED & COMING TO IOWA!

Grace received her independent license June 1 in Maryland and will be starting a waitlist for clients in Iowa who would like to begin telehealth services.

Clients will be notified upon licensure approval in Iowa and able to begin telehealth services (est. early July). She looks forward to serving the community from which she grew up!



[JOIN WAITLIST HERE](#)



10 Questions for Mothers and Daughters to Ask Each Other

BETWEEN LIFE AND THERAPY NEWSLETTER FEATURE

Here are 10 get to know you questions that I have mother-daughter duos use as a means of having deeper conversations and finding that connection:

For Daughters: To Ask your Mom -

1. What traits do you see in me that are uniquely mine?
2. What traits do I have that I got from you?
3. What is one thing that you wish your younger self could have known when you were my age?
4. What was the best or most fun thing about being my mom/raising me?
5. What did you wish that you had more time for while you were raising children?
6. What don't I know about you outside of you being my mom? Who are you outside of motherhood?
7. What is something you are most proud of (outside of motherhood)?
8. What do you think I taught you about raising children when I was a kid?
9. What version of yourself do you miss/appreciate the most?
10. What's the most rebellious thing you ever did?

For Moms: To Ask your Daughter(s) -

1. How do you think you've changed since becoming an adult?
2. Are there parts of you that you feel like I don't know anymore now that you are grown up?
3. What do you wish I understood more about you growing up?
4. When do you feel most supported by me? What helps you feel cared for by me?
5. What is something you are most proud of?
6. What's one memory of us that makes you instantly smile?
7. What relationship in your life taught you the most about yourself?
8. What is one thing about my parenting that you want to use with your kids (if you chose to have them)?
9. What's something you want for yourself (i.e., a dream or a goal) but have not taken steps toward achieving?
10. What's something we have in common but other people don't notice?

Make this fun. Get out a bottle of wine or make some cocktails and sit on the porch on a summery evening to chat. Enjoy yourselves and be conversational!

Work with me today

HAVE ANY QUESTIONS?

Reach out for an consulting inquiries or interest in therapy today!

CONTACT ME

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