

Teen Health & Wellness

real life · real answers



Visit the Calm Room

Videos, sounds, and resources to help you relax and refocus.

Everyone experiences stress, and learning how to manage it is one of the best things you can do for your mental and physical health.

Visual Relaxation

Spending time outdoors is a great way to improve your mood. If you can't make it outside, watching nature videos can have a similar calming effect on your brain and body.



Cascading Waterfall



Rolling Waves



Coral Reef Aquarium

Sounds and Music

Listening to calming music and nature sounds can reduce your stress levels. Classical music can also help you concentrate and stay focused while studying.



Ocean Waves



Crackling Fireplace



Falling Rain

Nature and Animal Cams

The simple act of watching cute animals can lower your heart rate and reduce stress and anxiety. Take a break and de-stress with these wildlife web cams.



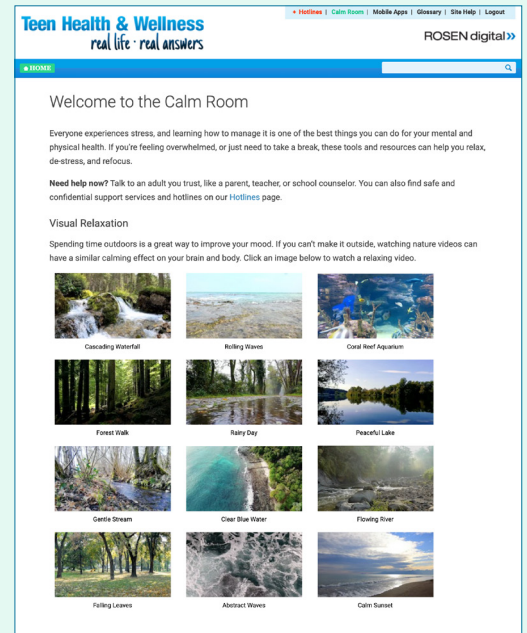
Waimea Falls: Oahu, Hawaii



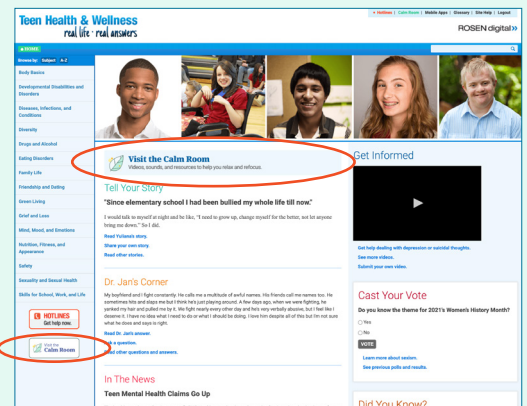
San Diego Zoo Live Cams



Smithsonian's National Zoo Webcams



How to access the Calm Room



We're Here to Help

Teen Health and Wellness provides advice and support on all sorts of topics, from improving your mental and physical health to making positive changes in your community. Check out some of these popular articles:

- Anxiety
- Depression
- Meditation
- Mindfulness
- Self-Esteem
- Sleep
- Staying Fit
- Stress
- Yoga

Scan here to visit
the Calm Room



<https://bit.ly/3gkBFme>

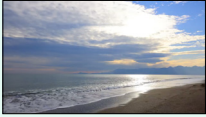
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*"I just love this. It is such a lovely resource and every few days it gives me an opportunity to check in with myself using the backdrop of the Calm Room. Thank you for creating the Calm Room! **This is my favorite resource this year!**"*

— Dr. Jen Cannell, Past-President, New York Library Association



*"This is so cool! **It is much needed.** I've visited the aquarium, the cascading waves, and listened to the crackling fire so far...so relaxing!"*

— Dedra Van Gelder, Charles County Public Schools, Maryland



*"Spring is in the air, but many of our students (and teachers as well) are still struggling with anxiety and depression. I want everyone to be aware of a **wonderful new resource** that is now part of Teen Health and Wellness—the **Calm Room.**"*

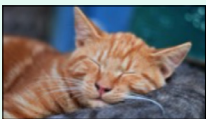
— Ruth Thoreson, Johnston Community Schools, Iowa



*"**I love the calm room and so do my colleagues.***

We will use the visuals and sounds in programming with our teens."

— Allison Ryan, Ocean County Public Library, New Jersey



*"I was able to show the calm room to a group of educators yesterday and **they loved it!** Thank you, Teen Health & Wellness!"*

— Emma McDonald, Mesquite ISD, Texas



*"**Our go-to resource for Social Emotional Learning and Health classes.** The materials are presented with the secondary audience in mind and connect with our students."*

— Ananda Campbell, Carson City School District, Nevada