

When School's on Break, Support Doesn't Have to Be

School breaks are a great time to recharge — but sometimes changes in routine can throw teens off balance.

When school resources and routines are out of reach, Soluna is **here to help.**

Soluna is a free, confidential mental wellness app that gives teens **on-demand access** to tools that help them:

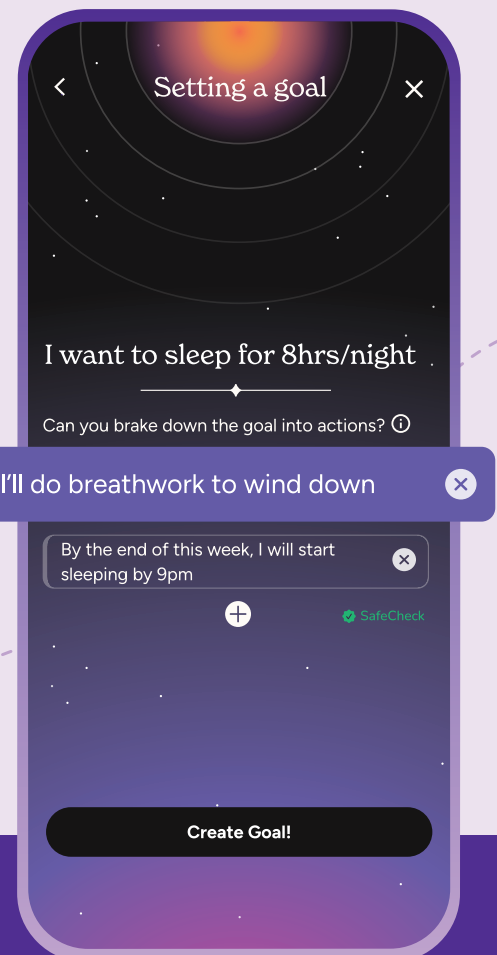
- ◆ Unwind and **manage stress**
- ◆ Explore how **thoughts and emotions show up**, change, and affect them throughout the day
- ◆ Chat 1:1 with **real mental health professionals** — no AI bots (ever)

Always here. Always free. Funded by the State of New Jersey, Soluna is available to teens ages 13–18, seven days a week.



Learn more at
solunaapp.com/families

Or help your teen download Soluna by scanning the QR code here!



Shorter days, Brighter choices

Winter can shake up routines, and that can lead to more screen time for teens. The good news? A little intention can turn scrolling into something that supports their mood, focus, and overall wellbeing.

Three tips to guide healthier screen use this season:

1

Partner on a plan (not a punishment)

Teens respond well to plans they help shape. Work together to set time limits and decide how they'll use their screen time, including positive learning activities like Soluna's articles and quizzes that support teens in developing a growth mindset. Shared ownership helps the plan stick.

2

Help them determine the 'why' behind the scroll

When teens reach for screens to relax or feel connected, help them name the goal. Then encourage options that help them reset, like a Soluna journaling prompt or a forum post that helps them feel seen.

3

Model the screen time they need

When adults model intentional screen time (like choosing a podcast over doomscrolling or taking a break when they feel drained), teens pick up on that balance. Small shifts go a long way.



Looking for more ways to support
your teen's wellbeing this winter?

Check out Soluna Family Voices — a free community for
parents and caregivers at solunaapp.com/families

