



Teen Rehab Educates on Balancing School and Life

February 12, 2025

ARGYLE, TX - February 12, 2025 - PRESSADVANTAGE -

Kids are the future. No one understands this more than the local Dallas-Fort Worth recovery center, Roots Renewal Ranch. With their dedication to teen girls' wellness and mental health, they recently put out a blog discussing how teens can have a healthy balance of social life and school.

As an eye-catching opening, Roots Renewal doesn't hesitate to immediately highlight the problem many teen girls face today. "80% of parents think their children have a good school-life balance. That statistic would be great if it were actually accurate. The reality is that less than half of students feel like they have a positive school-life balance." They inform readers. "This is especially true when you consider that 60% of girls reported feeling high levels of stress every day in one study. There's sometimes a disconnect between what parents think and how teens feel."

Roots Renewal Ranch understands that half the battle is raising awareness. That's why they continue to utilize study-based statistics to drive home the point that many teenage girls need support. "70% of girls report school as a major stressor for them. School-related stress could be a major component of why 53% of teen girls felt persistently sad or hopeless in 2023."

The local rehabilitation center recognizes that parents want the best for their daughters and are often

unaware of the many stressors that they face on a daily basis. This is why they immediately dive into ways that parents can help their daughters, and how their daughters can help themselves.

A key way to combat that stress is ensuring teens have time to do things they enjoy ? especially hanging out with friends.? Roots tells readers. ?Friends offer each other support during difficult times, and share their excitement and happiness, which can be contagious. Social interaction decreases loneliness, which is another massive component of staying healthy mentally and emotionally. A sense of belonging in a friend group can be life-changing for teens, especially as they learn more about themselves, the world, and who they want to be.?

Roots Renewal Ranch understands that maintaining a balance isn't always easy, but they continue to offer solutions on how to do so. ?If your daughter is constantly sacrificing free time in favor of studying, it might be unhealthy for her. Even if it's your instinct to make sure she has schoolwork done before she does anything fun, if she's been working hard and seems tense, it'll be worth it to let her sacrifice some study time to hang out with friends. You'll see the positive impact maintaining her social life has on her mental health. When her mental health is in better shape, she'll enjoy school more, and her academic performance will probably improve, too.?

As the piece continues, Roots does a deep dive into three simple tips: time management, boundaries, and asking for help. They dedicate a section to each tip, providing examples, and resources, so parents can be better equipped to help support their daughters. They remind readers, especially parents, that they aren't alone in this and there are options available to ensure their daughter's well-being and happiness. Those who wish to learn more about this topic can find it linked above.

Roots Renewal Ranch is a mental health treatment center for girls ages 13-17 located in the Dallas-Fort Worth area. Their care is trauma-informed, with specific lessons to address aggression when needed. The highlight of treatment with Roots is animal therapy. Girls take care of the animals during their time at the mental health center, learning responsibility and experiencing their unconditional love. For more information, call Roots Renewal Ranch at 888-399-0489 or visit their website. ?She is strong, she is loved, and she is enough.?

###

For more information about Roots Adolescent Renewal Ranch, contact the company here:Roots Adolescent Renewal RanchZoey Schwolert888-399-0489info@rootsrenewalranch.com819 Indian TrailArgyle, TX, 76226

Roots Adolescent Renewal Ranch

Roots Adolescent Renewal Ranch is a mental health and substance use facility for adolescent girls ages 13-17 located in Texas.

Website: <https://rootsrenewalranch.com/>

Email: info@rootsrenewalranch.com

Phone: 888-399-0489



Powered by PressAdvantage.com