



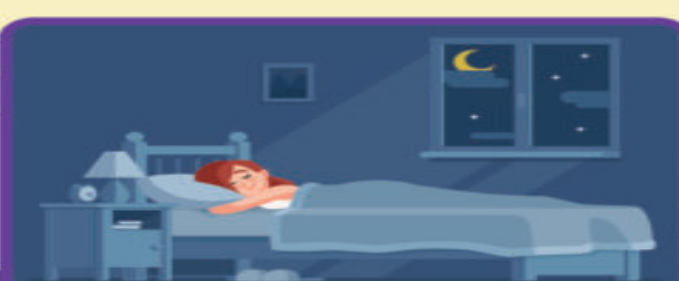
Help Your Teen Cope With **CHEST PAIN** At Home



Make dietary changes, such as avoiding spicy foods and sugary drinks.



Encourage relaxation techniques such as physical activity, meditation, and yoga.



Ensure sufficient rest and sleep.



Prevent smoking and exposure to secondhand smoke.



Don't let them engage in strenuous activities such as weightlifting.



Discourage them from using drugs; seek de-addiction treatment if necessary.



Encourage healthy eating and limit or stop fast food consumption.