



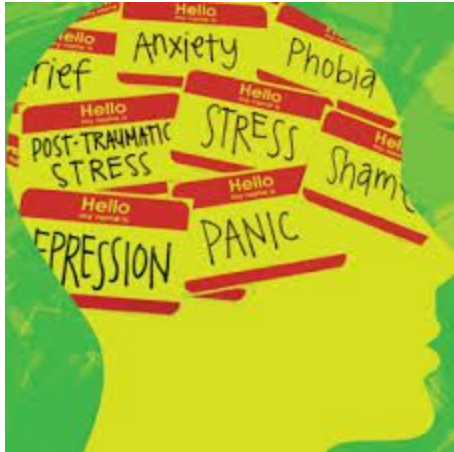
#breakthestigma

STRESSED-OUT?

Resource

www.mentalhealthamerica.net

Stress is a reaction that you feel in response to pressures in your life. You are taking a test. You and yourself in an unfamiliar situation. You're rushing from one thing to the next. In each case, the pressure is on and you may feel the effects in your mind and body. That's stress. Not all stress is bad. Stress can rev you up and give you more energy to handle a situation. That's the way that your body makes sure you will come out ok. Stress is a normal part of life, especially when you are going through lots of changes or aren't sure about how things will turn out. Stress can become a bad thing when you feel it all the time. This means that your body is working extra hard and isn't getting the break it needs to recover.



Signs of Stress:

- Headaches, sadness, overwhelmed, trouble sleeping, changes in appetite, “burned out”, peer/adult conflict, irritability

What is stressing children and teens the most? (surveyed by Mental Health America)

- 76% - Getting good grades
- 76% - Preparing for the future
- 68% - Loneliness
- 62% - Body appearance
- 61% - juggling priorities (school, work, sports, clubs, etc.)



Ways to De-Stress for Teenagers

- Listen to music
- Exercise
- Play video games
- Watch movies/TV
- Teach time management skills
- Let them know there are available supports

