

Teen Stress

Help your teen identify stressors, learn healthy coping skills, and model positive stress management in your own life.

Sources of Stress



Academics



Extracurricular Activities



Friends/Family



Post-High School Plans

Because of stress...



36% report feeling fatigued



30% report feeling sad or depressed



31% report feeling overwhelmed



23% report unhealthy eating habits

Signs of Stress

- Irritability
- Anger
- Excessive Worry or Anxiety
- Substance Use
- Disordered Eating (overeating or eating too little)
- Psychosomatic Symptoms
- Insomnia/ Sleep Disturbances
- Neglecting Responsibilities
- Negative Thoughts
- Feeling Overwhelmed
- School Avoidance

Talking to Your Teen About Stress

1. Recognize your teen's symptoms and ask them about it.
2. Communicate and discuss balance.
3. Help your teen identify healthy coping mechanisms.
4. Provide support when under stress.
5. Model healthy behaviors.
6. If needed, seek guidance from a professional.