

Teen Stress Management

- A recent study by the NMHA, showed that as many as one in five teenagers, (20%) suffer from clinical depression.

- Given the numerous changes taking place in their body, adolescents face several daily stressors that may lead to emotional or behavioral conditions.

- Avoiding stress in teenagers, like adults, is almost impossible; therefore, finding a way of dealing with that stress can make life a lot better.

- Stress management in teenagers includes:

Exercise and proper diet

Avoid caffeine, alcohol, illegal
drugs and tobacco

Practice relaxation by prayer
or meditation

Be assertive in expressing how
you feel

Teach yourself practical coping skills such as breaking large tasks into smaller ones

Be positive, for every negative
thought, find two positive ones
about yourself

Learn to accept something
less than perfection.

Take breaks during stressful situations.

Build and maintain a network
of positive friendships

Learning how to deal with stress
as an adolescent will help you
deal with stress as an adult.