

A young woman with long brown hair is sitting in a chair, leaning back with her hands behind her head. She is wearing a grey hoodie and dark blue jeans. She is looking out a large window with a warm, orange glow from the sun. The text "STRESS MANAGEMENT FOR TEENS" is overlaid in large, bold, blue letters. Below it, the text "All About Stress" is written in a white, cursive font.

STRESS MANAGEMENT FOR TEENS

All About Stress


A large, abstract blue ink splash or watercolor blotch on the left side of the slide, with various shades of blue and some white highlights, creating a textured, organic shape.

What is Stress?

Stress is a feeling that's created when we react to certain events.

Stress is the body's way of preparing itself to deal with a tough situation.

There are both good and bad types of stress: short term and long term.



What Causes Stress?

Illness of Self or Loved One

Too much homework/class work

Tests/Fear of Failure

Future plans

Work that feels too hard

Worrying about the past

Dealing with difficult people

Arguments with Friends/Family

Feeling Overwhelmed

...and much, much more.

CHANGE IN
SLEEPING
HABITS

IRRITABILITY

RAPID
BREATHING

HEART
RACING

What Are the Physical Signs of Stress?

HEADACHES

FEELING
SICK

CHANGE IN
EATING
HABITS

SHAKING

LACK OF
CONCENTRATION

STOMACH
KNOTS

MOODINESS

FORGETFULNESS

LOSS OF
SENSE OF
HUMOR

NEGATIVITY

What Are the

Emotional Effects
of Stress?

CONSTANT
WORRY

SHORT
TEMPER

UNHAPPINESS

DIFFICULTY
MAKING
DECISIONS

LONELINESS

LACK OF
CONCENTRATION

Why Do We Get Stressed?

- Stress activates our nervous system to release hormones, such as adrenaline and cortisol, into our bloodstream.
- These hormones speed up our heart rate, breathing rate, blood pressure, energy and sweat production so our body is quickly prepared to fight or run away from the stressor. This is called "fight or flight".
- Milder stressors, like slamming on the car brakes or taking a test, are helpful because they keep us ready for action when necessary. The nervous system quickly settles down again and remains on standby for when we need it again.
- The "fight or flight" stress is considered good because it protects us from tough situations.



Not All Stress is Good

- Some stress is more long-term, such as dealing with bullying or constantly moving homes.
- As this stress is on-going, our nervous system senses continued pressure and can continue to produce extra stress hormones over a long time.
- This over production of stress hormones can wear out the body's reserves and leave you feeling weak, overwhelmed, or even sick with a weakened immune system.

What Are Long-Term Stressors?

- Abuse
 - Learning Disabilities
 - Family Conflict
 - Grief
 - Physical Disabilities
 - Dealing with Illness
 - Being Bullied
 - Never Getting to Relax or Being too Busy
- ...and much, much more.

A young Black man is sitting on a set of wide, light-colored stone steps. He is wearing a grey V-neck sweater over a light-colored shirt. His hands are pressed against his ears, and his eyes are closed with a pained or distressed expression on his face. The background is a blurred view of the steps receding into the distance.

What Can I Do About Stress?

Check out the presentation, "Stress Management for Teens: What Can I Do?"