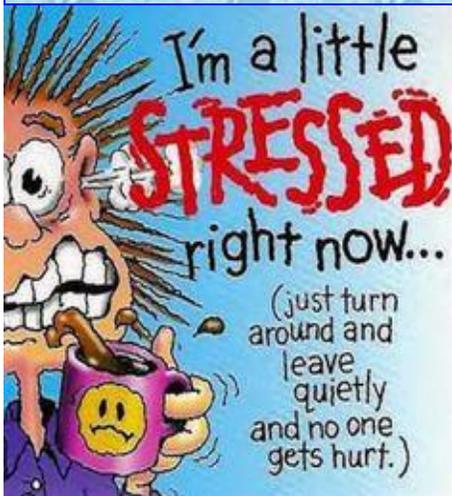


STRESS MANAGEMENT



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(Clipart Source - Google Images)



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Teens Feel The Pressure



You may have caught yourself thinking, "Teen stress? Wait until they're older- then they'll know stress."

Yet teen stress is an important health issue. The early teen years are marked by rapid changes- physical, cognitive, and emotional. Young people also face changing relationships with peers, new demands at school, family tensions, and safety issues in their communities. The ways in which teens cope with these stressors can have significant short- and long-term consequences on their physical and emotional health. Difficulties in handling stress can lead to mental health problems, such as depression and anxiety disorders.

What is stress? It is the body's reaction to a challenge, which could be anything from outright physical danger to asking someone for a date or trying out for a sports team. Good and bad things create stress. Getting into a fight with a friend is stressful, but so is a passionate kiss and contemplating what might follow.

Things That Can Cause Youth Stress

- ◆ School pressure and career decisions
- ◆ After-school or summer jobs
- ◆ Dating and friendships
- ◆ Pressure to wear certain types of clothing, jewelry, or hairstyles.
- ◆ Pressure to experiment with drugs, alcohol, or sex
- ◆ Pressure to be a particular size or body shape. With girls, the focus is often weight. With boys, it is usually a certain muscular or athletic physique
- ◆ Dealing with the physical and cognitive changes of puberty
- ◆ Family and peer conflicts
- ◆ Being bullied or exposed to violence or sexual harassment
- ◆ Crammed schedules, juggling school, sports, after-school activities, social life, and family obligations

(Source for Proceeding Articles John Hopkins)

Positive

Brief increases in heart rate, mild elevations in stress hormones.

Tolerable

Serious, temporary stress responses, buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems in the absence of protective relationships.

STRESS MANAGEMENT

Never stress on what you can't control and Never worry about what isn't yours.



STRESS

The Nation's #1 Killer
Medically Proven Stress Contributes to:

- | | |
|-----------------------------|----------------------|
| * Heart Disease | * Insomnia |
| * Strokes | * Fatigue |
| * High Blood Pressure | * Sex Problems |
| * Colitis | * Skin Diseases |
| * Irritability | * Allergies |
| * Rheumatism | * Overeating |
| * Depression | * Asthma |
| * Migraines | * Kidney Disorders |
| * Diabetes | * Ulcers |
| * Hardening of the Arteries | * Breathing Problems |
| | * Increased Smoking |

"Stress is not what happens to us. It's our response TO what Happens. And RESPONSE is something we can CHOOSE at any moment."
~Maureen Killoran



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Available Resources In NE Prevention Resource Center

Stress Control- *Book*

Stress Game- *Game*

Stress In The Family- *DVD*

Stress Management- *Book*

Stress Management Techniques- *DVD - LifeSkills*

Stress & Anxiety- *DVD-Time Life*

Stressed Out Stress Management 101-*DVD*

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Types of Traumatic Events

Childhood traumatic stress occurs when violent or dangerous events overwhelm a child's or adolescent's ability to cope.

Traumatic events may include:

- Neglect and psychological, physical, or sexual abuse
- Natural disasters, terrorism, and community and school violence
- Witnessing or experiencing intimate partner violence
- Commercial sexual exploitation
- Serious accidents, life-threatening illness, or sudden or violent loss of a loved one
- Refugee and war experiences
- Military family-related stressors, such as parental deployment, loss, or injury

In one nationally representative sample of young people ages 12 to 17:

- 8% reported a lifetime prevalence of sexual assault
- 17% reported physical assault
- 39% reported witnessing violence

Also, many reported experiencing multiple and repeated traumatic events.

It is important to learn how traumatic events affect children. The more you know, the more you will understand the reasons for certain behaviors and emotions and be better prepared to help children and their families cope.

(Source for Article SAMHSA)