

## **TEEN STRESS**

You can do a lot to help your teen cope with the stresses in his life. Here are some easy simple techniques you can put to use today:

- Spend time with your teen. Listen to him. Express love and let your child know that he is loved and valued as a person, whatever he does or doesn't achieve.
- Help your teen develop coping strategies. Exercise is one of the best stress relievers available. Encourage him to get involved with a favorite sport.
- Encourage him to learn new skills, such as assertiveness or relaxation techniques, to keep a private journal or listen to music.
- Encourage him to reach out to others for help in times of stress, seeing this as a way of connecting with, rather than bothering others.
- Praise your child whenever possible, helping him to recognize special gifts and talents that may or may not be in traditional academic areas.
- Help him to feel important in positive ways as a unique individual who happens to be part of a loving family.

### **Common Causes of Teen Stress**

- Restless sleep
- Popularity
- Peer pressure
- Drugs and alcohol
- Problems at home
- Problems at school
- Competition
- Expectations
- Taking tests

### **Warning Signs of Stress**

- Nightmares
- Fatigue
- Chronic headaches
- Changes in appetite
- Irritability or anger
- Discouragement/depression
- Withdrawal/Avoidance
- Drop in grades/performance
- Lack of concentration

### **Resources**

<http://www.focusas.com/Stress.html>