

STRESS MANAGEMENT AMONG TEENAGERS



WHAT IS STRESS ?

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. **THESE EVENTS ARE CALLED STRESSORS.**

The way our body and mind react to life changes

Webster's defines stress as a physical, chemical, or emotional factor that causes bodily or mental tension and that may be a factor in causing disease.



WHAT IS TEENAGE STRESS ?



In very simple words Teenage Stress is when a Teenager is under stress and pressure. The way they response to it is the actual issue

Teenage Stress is a big thing, it can cause more harm than just a few pimples. Teenage Stress has been proven as an indirect cause of eating disorders, depression, social/physical/emotional changes, and even something as serious as suicide.

WHY IS OUR TEENAGE GENERATION SO STRESSED ?

Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Example Exams

Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses, and injuries of any sort.

Emotional factors of stress and tension are numerous and varied. While many people associate the term "stress" with psychological stress scientists and physicians use this term to identify any force that impairs the stability and balance of bodily functions.

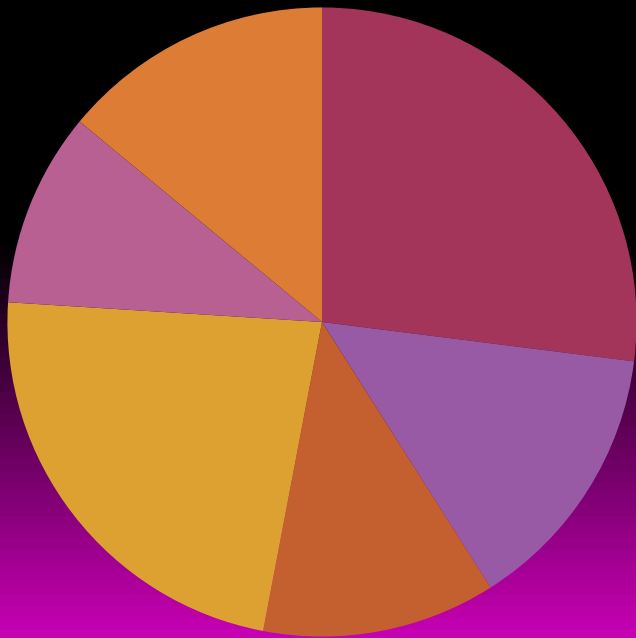
INFACT I HAVE A LIST OF REASONS FOR TEEN STRESS:

- Teen pregnancy
- Death of a family member
- Parental Divorce, or Remarriage
- Involvement in drugs
- Getting drunk with alcohol
- Smoking tobacco
- Change in peer status
- Failing an entire year of school
- Abortion
- Breaking up with a boyfriend or girlfriend
- Beginning to date
- Getting suspended from school
- Loss of a parent's job
- change in income
- Beginning high school
- Death of a pet
- Taking finals
- Winning a competition or game
- Failing a class
- Getting a job
- Starting to drive
- Surgery
- Moving to a new city
- Not making the team
- Getting arrested or ticketed
- Temperature Extremes
- Being accepted at a college of your choice
- Public recognition
- TV Appearance
- Birth of a sibling
- Vacation
- Holidays – Christmas, Easter, etc.
- Traveling long distances with family
- Large crowds
- Traffic

TO BE PRECISE...THE RESEARCH I CONDUCTED RESULTED ME AS FOLLOWS...

As a teenager what stresses you and your life the most?

(Please number the following from 1-6 as per your choice where 1 is highest Stress in the given space next to the option)



| Options | No.of responses | Percentage |
|-----------------------|-----------------|------------|
| Academic Pressure | 27 | 27 |
| Peer pressure | 14 | 14 |
| Parents pressure | 12 | 12 |
| Financial pressure | 23 | 23 |
| Love Relationship | 10 | 10 |
| Future plans pressure | 14 | 14 |

NOW YOU MAY WANT TO ASK QUESTIONS LIKE.....

IF STRESS IS THAT BAD THEN WHY DOES IT EXISTS?

IS STRESS IMPORTANT ?

ARE ALL STRESS BAD ?

HOW MUCH TO STRESS AND HOW MUCH TO MANAGE ?

IS STRESS MANAGEMNT REALLY HELPFUL ?




- Well answers are in simple words....
- Some stress can be happy, exciting and challenging. We need stress in our lives; without it life would be dull.
- Feeling mildly stressed when carrying out a project or assignment often compels us to do a good job and to work energetically. Likewise, exercising can produce a temporary stress on some body functions, but its health benefits are indisputable.
 - It is only when stress is overwhelming, or poorly managed, that its negative effects appear.
 - Some amount of stress is essential for us to excel in life. This is good stress or **“EUSTRESS”**
 - But when stress is too much then it reduces performance. This is bad stress or **“DISTRESS”**

The only difference between a diamond and a lump of coal is that the diamond had a little more pressure put on it.....

LET ME TELL YOU WHAT HAPPENS WHEN A TEEN IS IN STRESS.....

- increased heart rate
- the counter medications and prescription pain pills.
- rapid breathing
- stammering
- headaches; stomach aches; chest pains
- diarrhea
- sweating
- sleeplessness
- alcohol and drug addiction
- Tune out in class rather than pay attention
- Cut short class preparation time;
- Increased negative mood and rebellion
- Difficulty concentrating
- Unwanted or racing thoughts
- Increased intake of comfort foods
- Increased use of over
- Drugs and Alcohol
- Settling for lower grades
- Lose control over emotions;
- Breaking rules
- Truancy
- Behavioral problems – cutting class
- Difficulty getting out of bed
- Give up on seeking solutions for problems and
- Withdrawal from social participation
- Less energy and fatigue
- Difficulty sleeping
- Infections, migraines, back pain, flaring up of skin problems etc
- Racing heart/high blood pressure
- Feeling overwhelmed
- Mood swings

OK so how to manage all this stress...
STRESS MANAGEMENT IS THE ANSWER..



Stress management refers to the practice of reducing stress using many techniques and psychotherapies aimed at controlling a person's levels of stress.

Stress Management provides a number of ways to manage anxiety and maintain overall well-being.

Common Stress Busters:

- Take deep breaths/practice deep breathing Watch your thoughts (make them positive)
- Visualize what you want to happen Feel proud of your accomplishments
- Don't dwell on mistakes or weaknesses Do some muscle relaxation exercises
- Exercise daily Prepare for tests early
- Punch a pillow, scream, or kick a can Take one thing at a time
- Eat a nutritious meal or snack Forgive yourself and others
- Set realistic goals Do something fun every day
- Do something nice for someone else Read or watch something inspirational
- Talk to a parent, friend, minister, teacher, or counselor
- Eliminate all thoughts or sentences that start with "What if..."

IN YOUR COMMUNITY

- go to the YMCA or other community center

- play sports or get some exercise

- go to a movie

IN YOUR HOME

- read a book

- nourish your body with fruits and vegetables

- listen to music

- play with your pets

- hang out with friends

- check out one of the web resources

WITHIN YOURSELF

- do yoga

- deep breathing

- take a walk

- talk to a friend

- stretch

- take a nap

- visit a park

- take a hot shower or bubble bath to clear your head

- draw/write about anything you're feeling

- go to the mall

- participate in school clubs

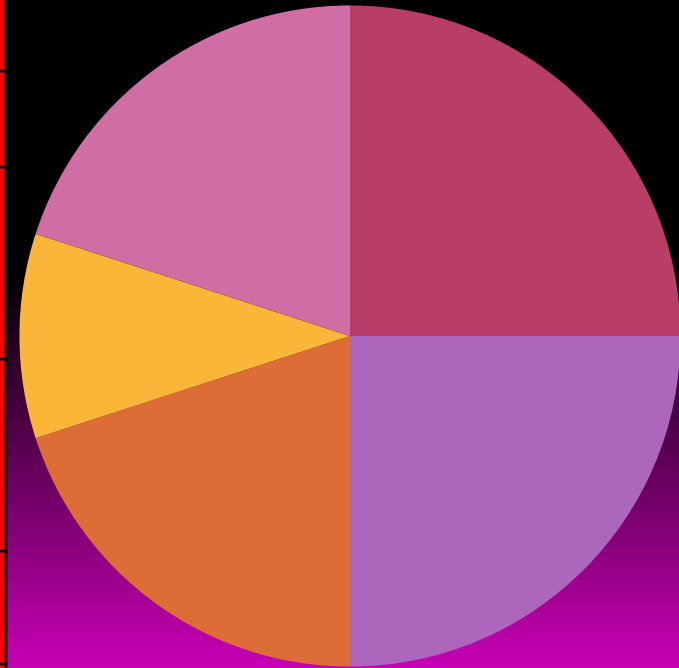
- play an instrument

- watch TV or play a game

- spend time at the library

WHILE I COMPLETED MY RESEARCH I CONCLUDED THAT THERE ARE SOME SMART TEENS WHO MANAGE THEIR STRESS WELL AND SOME WEAK TEENS WHO CANNOT....

| Options | No.of responses | Percentage |
|--|-----------------|------------|
| Scared and feel like crying | 25 | 25 |
| Restless and nervous | 25 | 25 |
| Locking yourself in a room and shout | 20 | 20 |
| Feel like ending your life/hurt yourself | 10 | 10 |
| Smoke or drink | 20 | 20 |
| Total | 100 | 100 |



ARE YOU STRESSED AND MESSED ??.....

STRESS MANAGEMENT IS NOT HAPPENING.....

CHILL.....

YOU STILL CAN KNOW HOW BAD YOU HAVE
BEEN DAMAGED....

YOU CAN MEASURE IT AND COPE UP WITH IT....

GET YOUR STRESS LEVEL TESTED

Stress testing (sometimes called torture testing) is a form of deliberately intense or thorough testing used to determine the stability of a given system or entity. It involves testing beyond normal operational capacity, often to a breaking point, in order to observe the results. Reasons can include:

- to determine breaking points or safe usage limits
- to confirm intended specifications are being met
- to determine modes of failure (how exactly a system fails)
- to test stable operation of a part or system outside standard usage

During stress testing, you exercise (walk or run on a treadmill or pedal a stationary bike) to make your heart work hard and beat fast. Tests are done on your heart while you exercise.

Reliability engineers often test items under expected stress or even under accelerated stress in order to determine the operating life of the item or to determine modes of failure.

WHEN DO YOU KNOW YOU NEED A PROFESSIONAL HELP AND STRESS TESTED ?

Deteriorating school performance

Inability to sleep or excessive sleep

Losing or gaining weight

Feeling low or tired all the time

Mood swings : crying, getting angry

Not wanting to talk to anybody

KEY POINTS :

- **STRESS** is very common
- Use stress in a positive way
- Limit **NOT** eliminate stress.
- Use it to improve your performance.
- Learn Coping Skills

NOW TAKE A
DEEP
BREATH
AND
RELAX!



thank
thank
you!

A PRESENTATION BY:

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