



# **STRESS MANAGEMENT FOR TEENS**

**Presented by Military & Family Life Counselors**

# WHAT ARE WE GOING TO TALK ABOUT?

- Definition
- Signs and symptoms
- Sources
- How to know if you are stressed out
- Tips to relieve stress
- Managing your stress
- Life balance



# STRESS

Being young does not prevent you from experiencing stress. You may feel anxious about many different things. Stress is a normal part of life and you can learn how to reduce your stress, or cope with it.



# WHAT IS STRESS?

The positive or negative response of an individual to change, threats or challenging demands.



# SIGNS OF STRESS - PHYSICAL

- Headaches
- Muscle tension
- Shortness of breath
- Fatigue
- Changes in appetite
- Changes in sleep pattern
- Upset stomach



# SIGNS OF STRESS - MENTAL

- Trouble thinking clearly
- Poor concentration
- Confusion
- Negative self-talk
- Forgetfulness
- Poor judgment



# SIGNS OF STRESS - EMOTIONAL

- Feeling out of control
- Nervousness, anxiety
- Sadness, hopelessness
- Feelings of worthlessness
- Increased anger
- Thoughts of death or suicide



# SIGNS OF STRESS - BEHAVIORAL

- Aggression
- Use of alcohol or drugs
- Inability to start or complete projects
- Compulsive behaviors





# WHAT STRESSES YOU OUT?

- Homework / School
- Parents / Family
- Social Life
- Fear of Failure
- Time
- Sports
- Other



# SIGNS YOU ARE STRESSED

## You know you're stressed if.....

1. You eat standing up.
2. You forget what day it is...
3. Your friends greet you, "Hey stranger!"
4. You're always tired.
5. You do three things at once; you don't finish any of them.
6. You snap at others.



# SIGNS YOU ARE STRESSED

CONTINUED

7. You can't sleep or eat.
8. Nothing seems fun anymore.
9. You're never / always alone.
10. You cry at the drop of a hat.
11. People keep asking, "Are you okay?"
12. You wonder if you are okay.



# TIPS TO RELIEVE STRESS

- Allow plenty of time
- Exercise and breathe deeply
- Get plenty of rest and eat well
- Discuss your problems with a friend, family member or trusted person
- When stress hits big, take a time out
- Change your negative thoughts
- Ask for help



# MANAGING YOUR STRESS

## Slow down

- Find something to make you laugh
- Be a kid for a couple of minutes
- Listen to music
- Have a bath



# MANAGING YOUR STRESS

CONTINUED

## Exercise

- Moves bad chemicals out of your body
- Reduces muscle tension
- Takes your mind off problems
- Helps you sleep better



## Get plenty of rest, eat well

- Eat breakfast
- Do not skip meals
- Eat nutritious foods, skip the junk food
- Drink 8 glasses of water a day
- Get at least 8 hours of sleep a night
- Stay on a schedule



## Discuss your problems or issues

- Don't feel alone with your problem
- Ask for help
- Talk with family members and friends
- Talk with a counselor





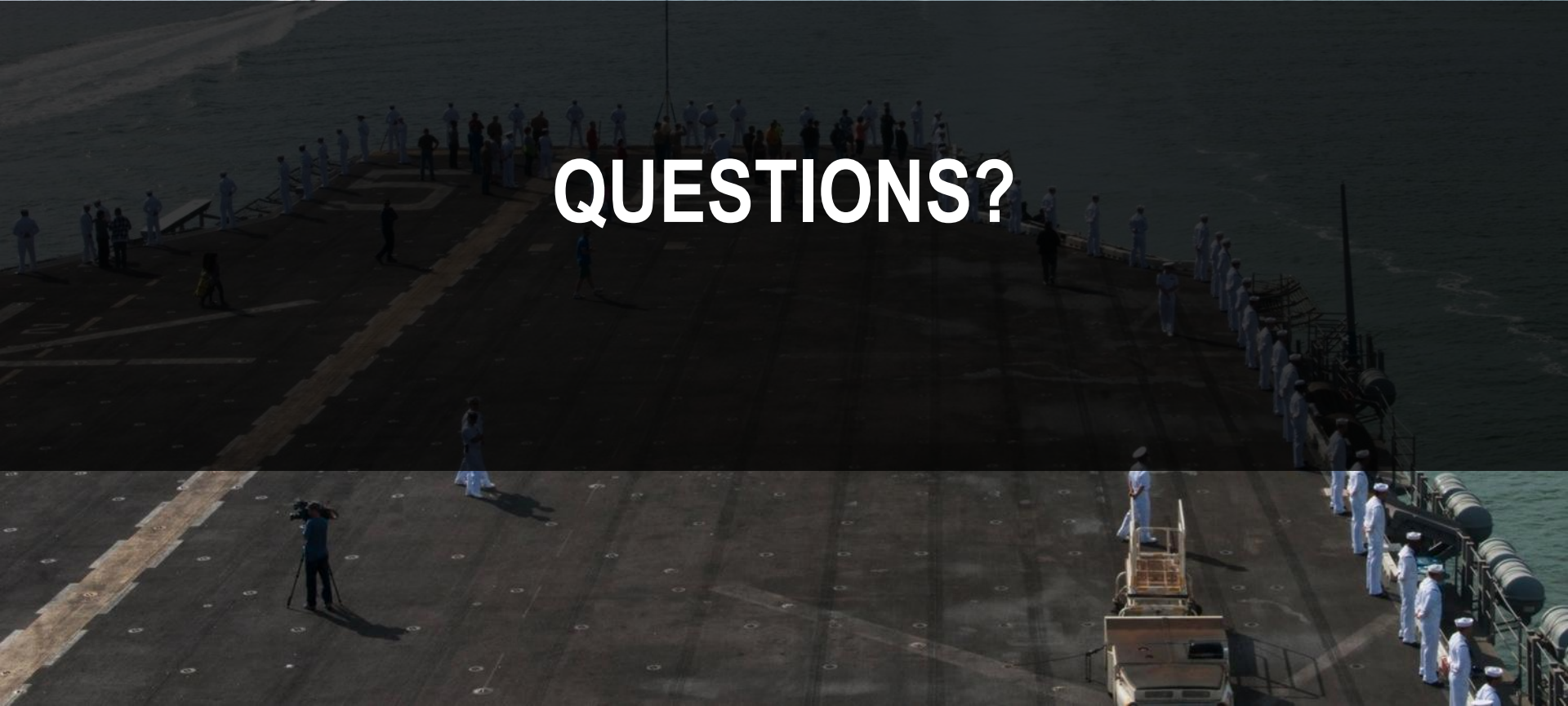
# LIFE BALANCE

- Set Priorities
- Do not be an over-achiever
- Set realistic goals
- Acknowledge your feelings
- Take care of yourself
- Schedule time for you





**QUESTIONS?**



# RESOURCES

- Military Family Support Services
- Chaplain and Local Clergy
- Military OneSource (800)342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services





**THANK YOU**