

Speaker Notes

Stress Management for Teens

Page 1 – Title Slide

None

Page 2 – What Are We Going to Talk About?

None

Page 3 – Stress

None

Page 4 – What is Stress?

None

Page 5 – Signs of Stress: Physical

None

Page 6 – Signs of Stress: Mental

None

Page 7 – Signs of Stress: Emotional

None

Page 8 – Signs of Stress: Behavioral

None

Page 9 – What Stress You Out?

- Homework / school: Grades, GPA, tests, college, finals week
- Parents/family: Expectations, pressure to do well, not achieving or “blowing it”
- Social life: Friends, boyfriends / girlfriends, relationships, extracurricular activities, try-outs, shows, sex
- Time: No time, deadlines, keeping up, lack of sleep, doing two things at once, too much going on, unprepared
- Fear of failure: People sometimes become blocked completely and drop out or walk away.
- Sports: Performance issues, will I make the varsity team?

Page 10 – Signs You Are Stressed

None

Page 11 – Signs Your Are Stressed (Continued)

None

Page 12 – Tips to Relieve Stress

- Allow plenty of time: Being too busy is a big source of stress.
- Exercise: It's a great stress buster.

- Breathe deeply: Slowly in, slowly out. Think of something pleasant.
- Get plenty of rest and eat well: You'll be able to handle stress better when it does come up.
- Discuss your problems with a friend or family member.
- When stress hits big, take a time-out: A few minutes away from the problem can help.
- Change your negative thoughts: What we say to ourselves affects our stress level. Instead of, "Oh my God! This is horrible! I'll never get over this!" you could say "I don't like this, but it's not the end of the world."
- Ask for help: If you feel like your stress is just too much, talk with your family, a friend, or a counselor.

Page 13 – Managing Your Stress

None

Page 14 – Managing Your Stress (Continued)

- Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles get tight. You breathe harder, and your blood pressure goes up. Exercise moves those chemicals out of your body. It reduces muscle tension and takes your mind off of problems.
- Exercise helps you sleep better and improves the quality of sleep, making you feel better rested.
- Choose activities you'll enjoy. The type of activity that will relieve your stress best depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better.
- Remember, one of the stress reducing benefits of exercise is that it's fun.

Page 15 – Managing Your Stress (Continued)

None

Page 16 – Managing Your Stress (Continued)

None

Page 17 – Life Balance

- Set priorities: Decide what is most important and what needs to be done first.
- Do not be an over-achiever: Be well rounded. Choose one or two activities that you can enjoy while also getting your schoolwork done and having time to relax or visit with friends.
- Set realistic goals: Set goals that you can see yourself achieving within various timeframes.
- Acknowledge your feelings: It is normal to feel overwhelmed when things get busy.
- Take care of yourself: A combination of a healthy diet, regular exercise and plenty of sleep helps relieve stress.
- Schedule time for you: Set aside 30 minutes a day to do something that just makes you feel good (i.e. read a magazine, take a walk, ride a bike).

Page 18 – Questions

None

Page 19 – Resources

None

COUNSELOR USE ONLY