

TEENS & STRESS (KNOW THE SIGNS)

Community Outreach Resource Network
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HIGH LEVELS OF STRESS CAN AFFECT YOUR:

BODY

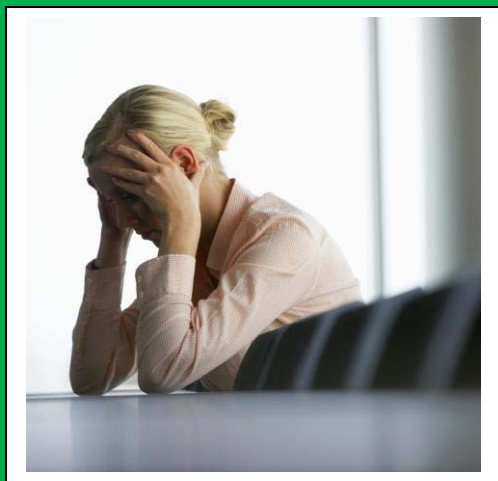
Stress can cause:

- ✚ Headaches
- ✚ Back pain
- ✚ Upset stomach
- ✚ Loss of appetite or over eating
- ✚ Trouble with sleeping
- ✚ More frequent and other illnesses.

BEHAVIOR

When stress gets the upper hand, people often don't act like themselves. They may:

- ✚ Lose their temper easily
- ✚ Get frustrated by little things
- ✚ Have problems talking to people
- ✚ Fight or argue a lot
- ✚ Have more accidents



THINKING

Stress can actually make your thinking sharper. But too much stress makes it hard to concentrate or to see things as they really are.

EMOTIONS

People under a lot of stress are usually in for a rough ride. They may feel:

- ✚ "down" or sad
- ✚ Unable to handle things
- ✚ On edge
- ✚ Like they just don't care
- ✚ Lonely and helpless
- ✚ moody