# **TEENS AND STRESS**

# What is causing the STRESS?

### **Physical & Emotional Changes**

The ten years are full of them! Any change can be stressful. But when the change affects the way you look or feel the potential for stress goes way up.

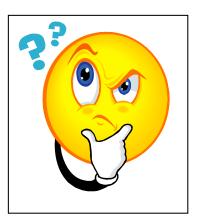
#### **Peer Pressure**

For example, young people may feel pressure to:

- Use alcohol, tobacco or other drugs
- Have sex
- Be popular
- Get on a sports team or cheerleading squad

#### **Family Problems**

These can include divorce, money problems, abuse, problems with alcohol or other drugs, violence in the home and the illness or death of a family member.



#### **Concern About Grades**

Do you ever feel as if your whole future depends on one test score? The pressure to do well in school can be intense.



#### **Career Decisions**

If you're like most young people, you often feel anxious about what direction to take in life.

#### **Changing Grades or Schools**

Having to learn a new routine or make new friends can be especially stressful.

#### **Fear of Violence**

Feeling unsafe in your neighborhood or school can create almost constant stress.

## A Busy Schedule

Even positive stress can become a problem if you have too much of it. Not leaving yourself time to relax can bring you down.