

# 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.

### 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.

### 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



### Career Decisions

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

### 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.

### 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.