

Adolescent Stress At Radnor



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Teenage Stress: The Basics

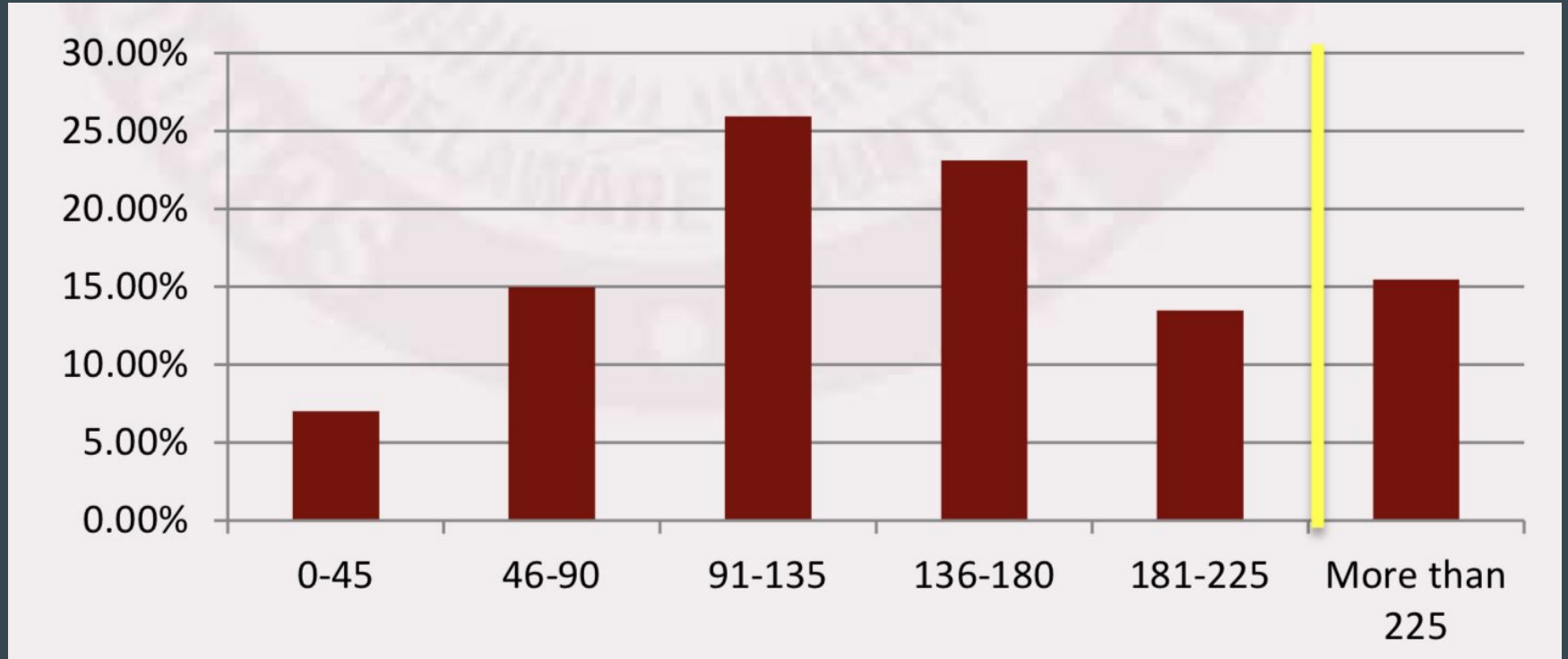
- “The body’s reaction to any change that requires an adjustment or response.” -Cleveland Clinic
- Eustress vs. Distress
- Stress in America Study
- RTSD Student Wellness Study



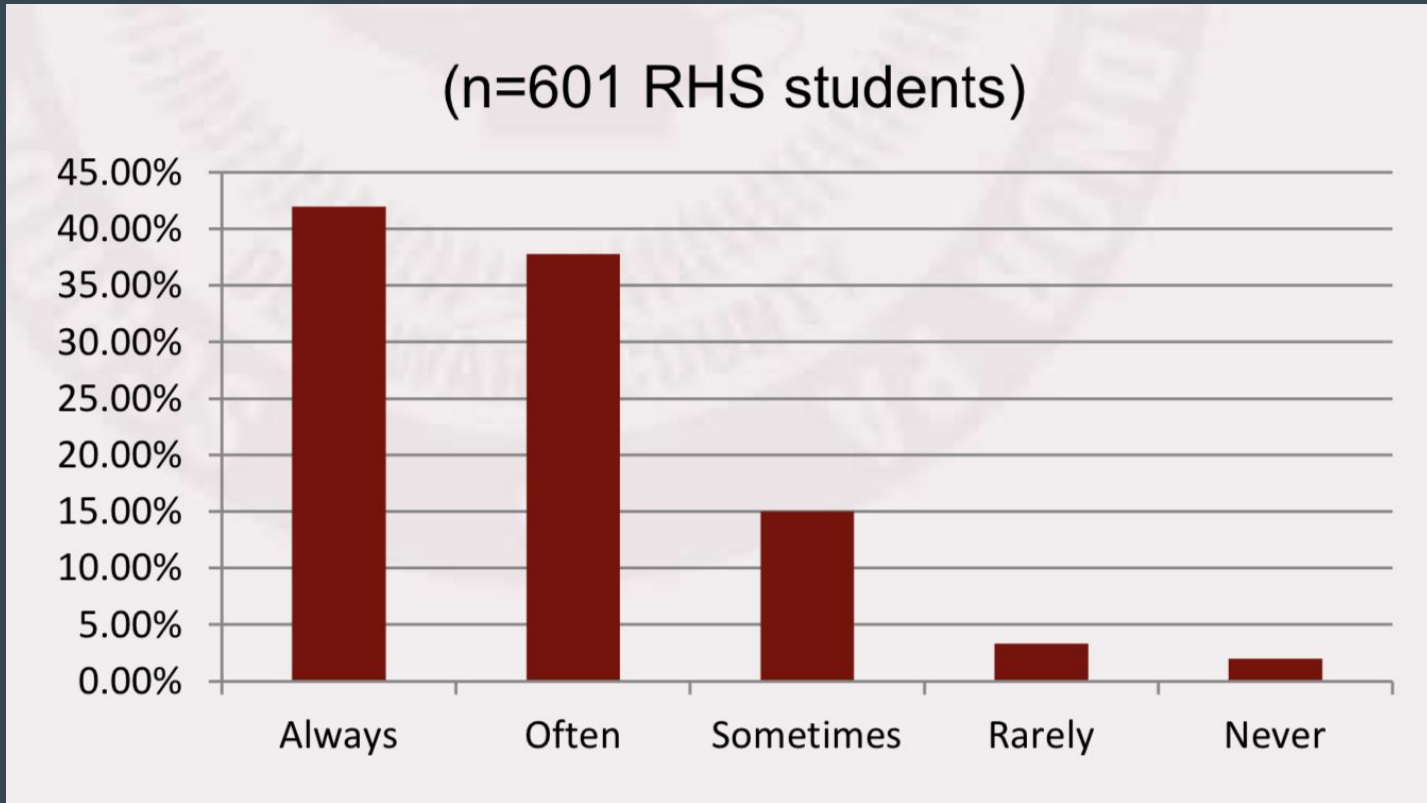
Causes of Stress

- “Stress among teens can be caused by various factors with the most common being school demands, negative thoughts, social connections, expectations, and home/family issues.”
- Flight or flight response
- Stress in America Survey
 - School
 - Managing too many activities

How many minutes a day do you spend on homework?



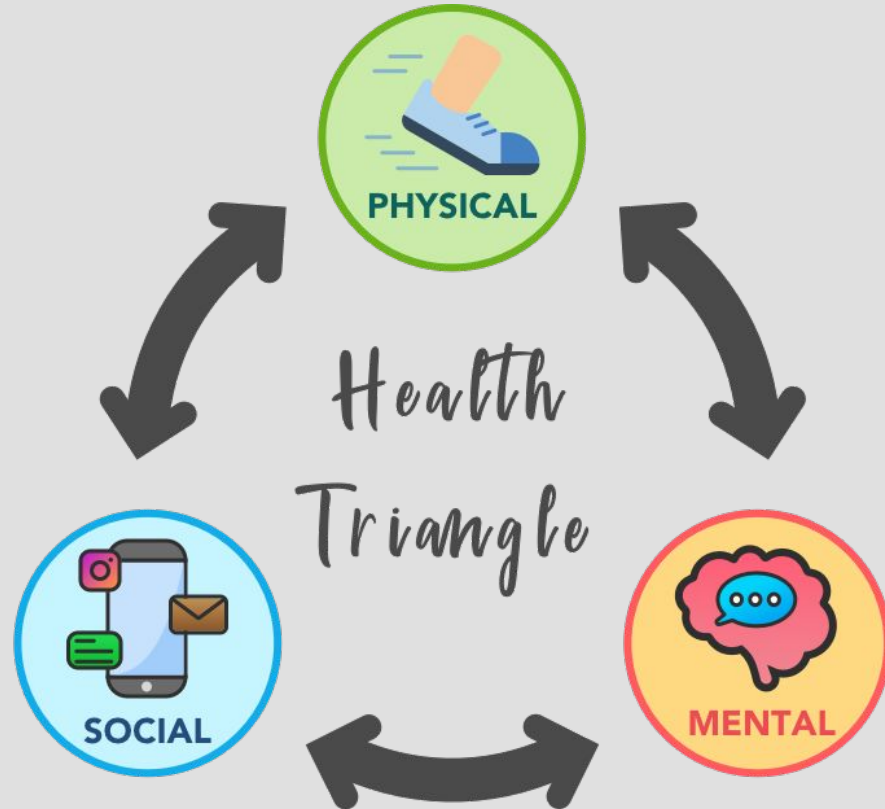
How often do you feel stressed by schoolwork?



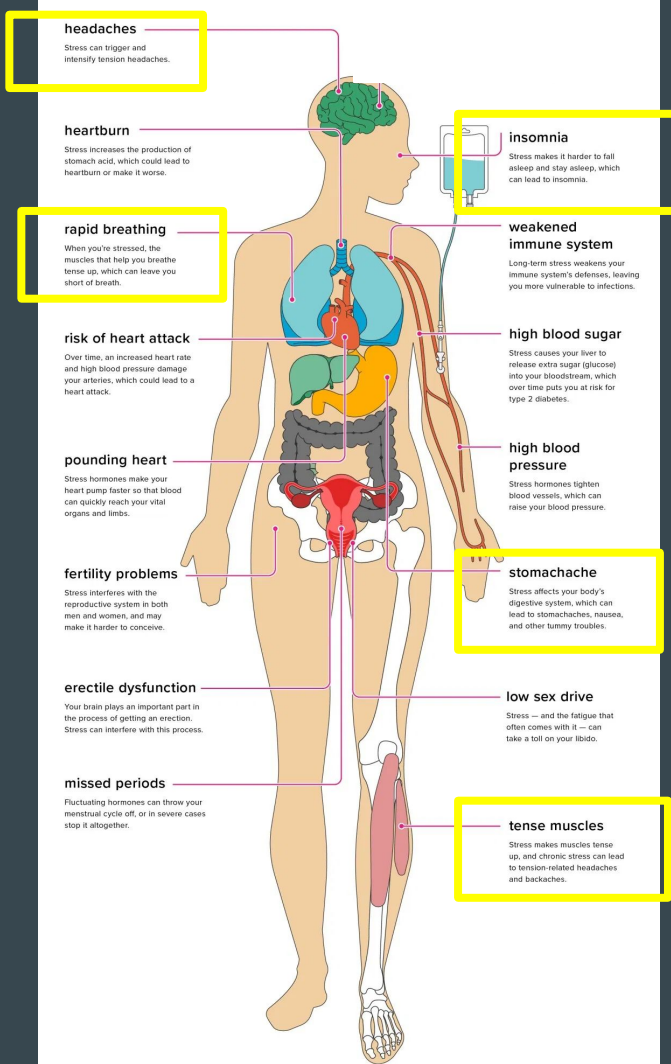
Common Causes of Stress

- Wellness study
 - School (32%)
 - Homework (14.5%)
 - Tests (10%)
 - Grades (9%)
 - College (8.5%)
- Peer Pressure
- Body Image
- Friendships
- Major Life Incidents
- Lack of Time
- Lack of Sleep
- Family Issues
- Extracurriculars

Reactions/Responses to Stress



Physical Reactions to Stress



Mental/Emotional Reactions to Stress

- Anger
- Nervousness
- Overwhelmed
- Restlessness
- Lack of motivation
- Sadness

Behavioral/Social Reactions to Stress

Stress

Stress affects all three areas of health. Some of the most noticeable responses relate to social behavior.

Antisocial Behavior

Stress often causes teens to withdrawal from their environment. This lack of social connection can worsen the problem.

Risk behaviors

- Overeating
- Undereating/skipping meals
- Drug/alcohol misuse and abuse
- Recklessness
- Increase in screen time

Stress Management

- Related to reactions/responses due to stress
- The goals of managing stress are:
 - Reducing harmful environmental conditions
 - Adjusting to negative events of reality
 - Maintaining self positive images, relationships with others, and emotional equilibrium

STRESS AND COPING CYCLE



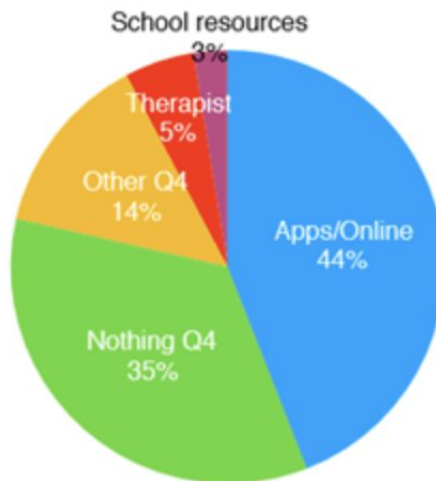
What are you most likely to do when you're stressed?

Response	Total	Percentage
Talk to Friends	7,469	22.43%
Eat	6,545	19.65%
Nothing Q3	5,618	16.87%
Other Q3	5,273	15.83%
Work-out	4,806	14.43%
Drugs/Drinking	3,595	10.79%



What resources do you use to help?

Response	Total	Percentage
Apps/Online	14,135	44.04%
Nothing Q4	11,082	34.53%
Other Q4	4,399	13.71%
Therapist	1,663	5.18%
School resources	816	2.54%



Mental Stress Management Techniques

- Cognitive reconstruction
- Talk to others
- Set smaller goals
- Focus on what you can control
- Allot proper breaks
- Adjust idea of perfection
- Visualize your goals and situations

Physical Stress Management Techniques

- Exercise routinely
- Eat proper meals
- Try to adjust sleep schedule
- Listen to music
- Spend time on hobbies
- Read books or magazines
- Watch television
- Attend religious services
- Make a to-do list/schedule

Intervention Ideas

Long Term

- Radnorite article
- Website
 - Ask class officers/administrators to send it out
- Morning Announcements
- Schoology Posts

Short Term

- Instagram/Twitter posts
 - Spread through RTSD's account

Thank You!

Works Cited

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