

Our Minds...

“The greatest weapon against stress is our ability to choose one thought over another.

-William James



Our specialty is you.

232 S. Woods Mill Road
Chesterfield, MO 63017
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Stats on Teen Stress

- 27% experiencing extreme stress during school year vs. summer time
- 34% anticipate stress to increase in the next year
- 40% report being irritable or angry due to stress
- 36% feel anxious as a result of stress
- Teen girls are more stressed than teen boys
- Stress affects teens ability to manage time and complete homework

American Psychological Association, 2013

What is Stress?

- **“Stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes.”**

- American Psychological Association, 2018



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Signs of **stress**

- Increased complaints of headache, stomachache, muscle pain, tiredness
- Shutting down and withdrawing from people and activities
- Increased anger or irritability
- Crying more often
- Feelings of hopelessness
- Chronic anxiety and nervousness
- Changes in habits: sleeping, eating, socializing, etc.
- Difficulty concentrating

Teenage Stress

THE TOP TEN*

1. School
 2. Family/parents
 3. Friends
 4. Work
 5. Sports
 6. Homework
 7. Lack of Sleep
 8. College
 9. Appearance
 10. Lack of time
- Extracurricular activities
Grades
Relationships
Tests
Love Life

* Note: This list reflects multiple answers from a test group of ninety, 10th grade students. The number 1 answer was listed by almost 50% of the students. The number 2 answer was listed by 30% of the students and the number 3 answer was included by almost 20% of the respondents.



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Types of Stress

- **Acute**- short-term, unpredictable experience, a surprise
- **Chronic**-comes when we repeatedly feel or experience stressors that feel inescapable
 - Can lead to negative health effects



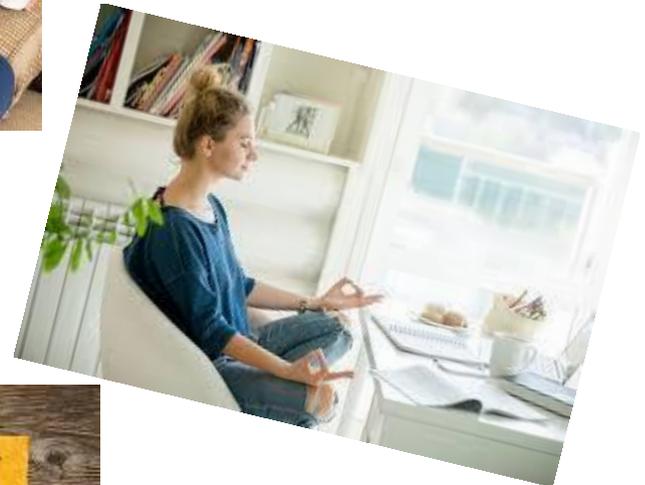
Responses to Unmanaged Stress

- Emotional...anger, hopelessness, anxiety, depression
- Physical...headache, allergies, diabetes, stomach issues, more colds...
- Mental...pessimistic thoughts, sleeping problems, memory loss, preoccupation, difficulty making decisions



Strategies for Stress Management

- Talk about problems with others
- Deep breathing
- Progressive muscle relaxation
- Set small goals
- Break tasks into smaller chunks



Stress Management Strategies

- Visualize and practice feared situations
- Focus on what you can control...your thoughts, reactions, actions
- Let go of what you cannot control...other peoples responses, opinions, expectations
- Lower unrealistic expectations
- Work through worst-case scenarios until they seem manageable

Strategies for Stress Management

- Exercise near daily
- Get ENOUGH sleep
- Eat healthy meals



Strategies for Stress Management



- Schedule breaks and enjoyable activities
- Accept yourself as you are...right now!
- Identify your unique strengths and build on them
- Give up on the idea of **PERFECTION**...throw it out the door!

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