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Impacts of Stress on Adolescents

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Grand Island Senior High School

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Impacts of Stress on Adolescents

Diana Molina

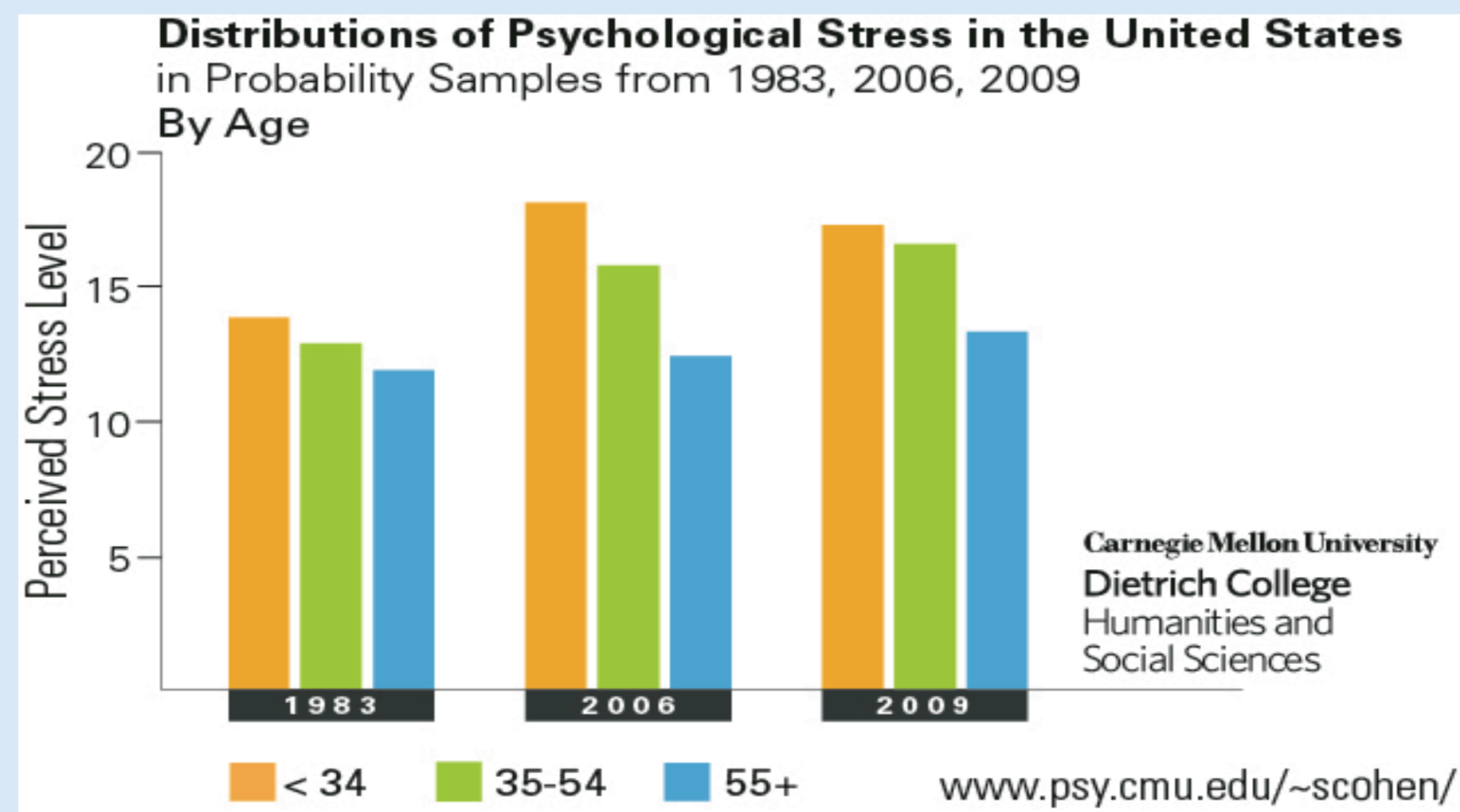
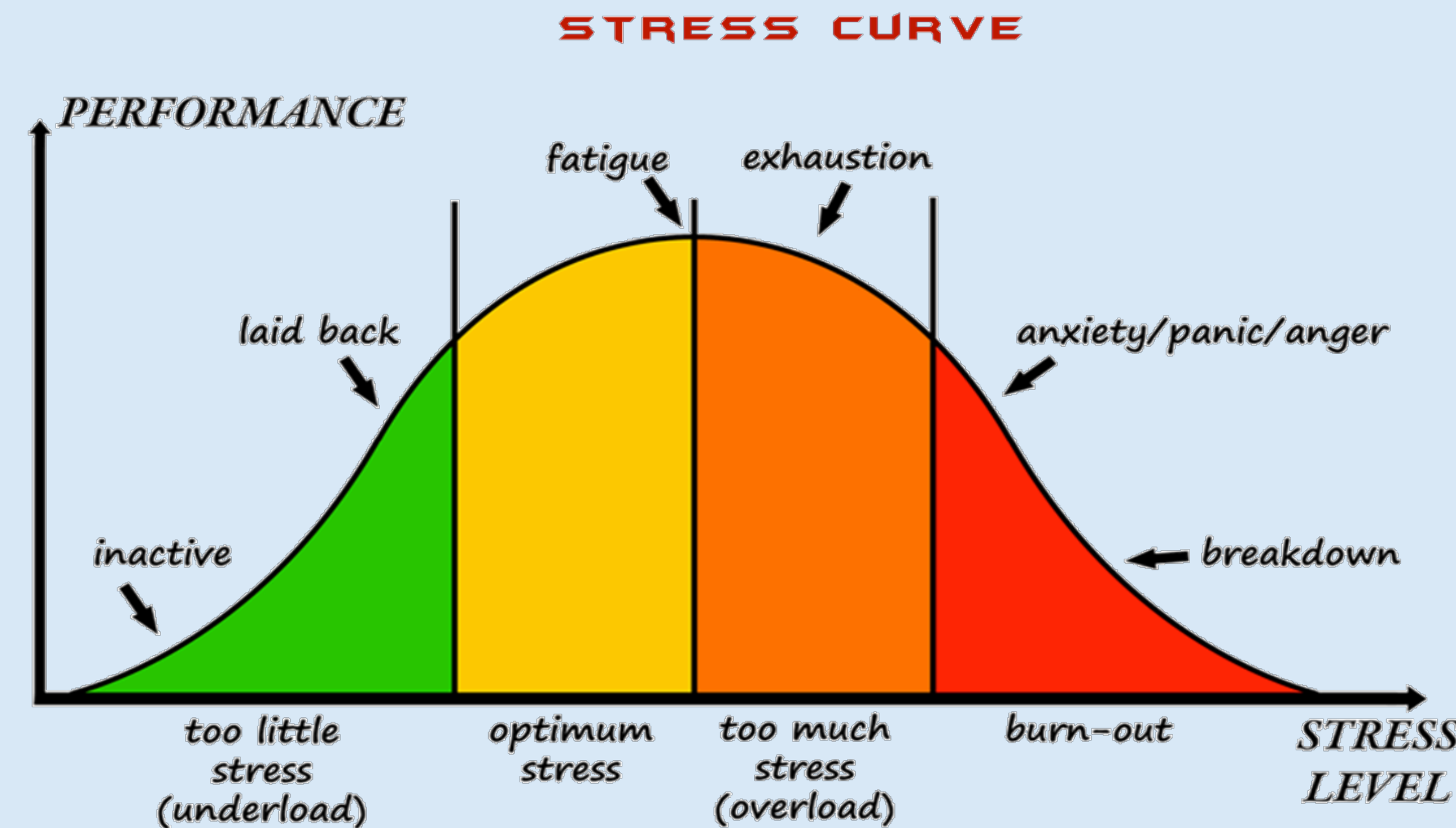
Nebraska College Preparatory Academy
Grand Island Senior High 2015
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Abstract

Stress is a state of mental or emotional strain or tension resulting from adverse or extremely demanding circumstances. Stress is important because it is a problem that everyone will most likely deal with. I researched the causes of stress, the effects that stress has on the body, as well as ways to cope with stress efficiently in adolescents.

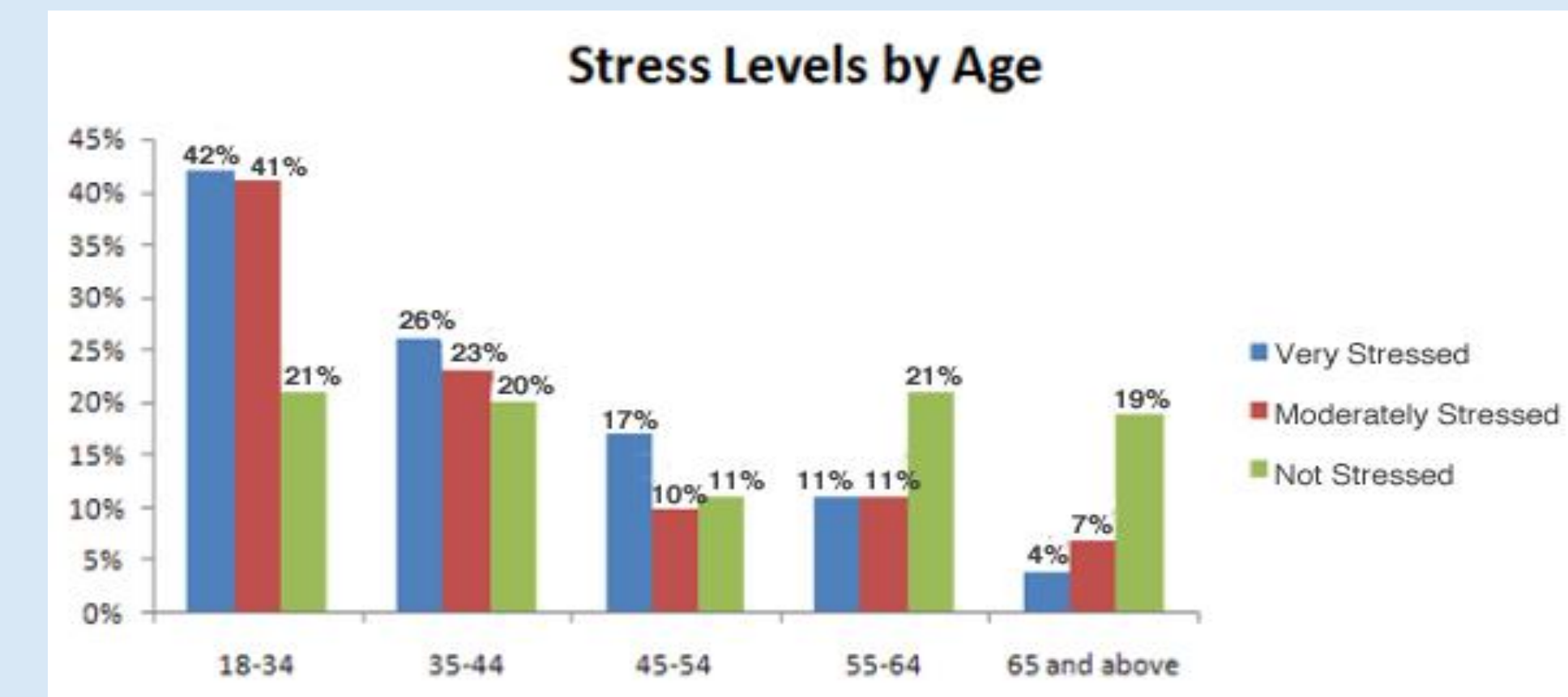
Conclusion

My thoughts correspond with my research. I do believe that younger generation of people ages 13 to 30 are very stressed. All the stressors that cause stress in adolescents are accurate. To further my research I would like to find more information containing statistics to add to my findings. I would also like to find the causes of stress in onther countries not just the United States.



Key Points

- The most common stressor in adolescents is school. They have a lot of things going on when they are in high school.
- Stress can cause health problems to worsen.
 - sleeping problems
 - eating disorders
 - drug & alcohol drug abuse
 - moodiness
- Effective ways of managing stress are
 - being realistic and avoiding problems
 - being healthy (this means eating healthy foods and moderate exercise), and relaxing.



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