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## Stress Among Teens

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# Stress Among Teens

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Grand Island Senior High School 2020

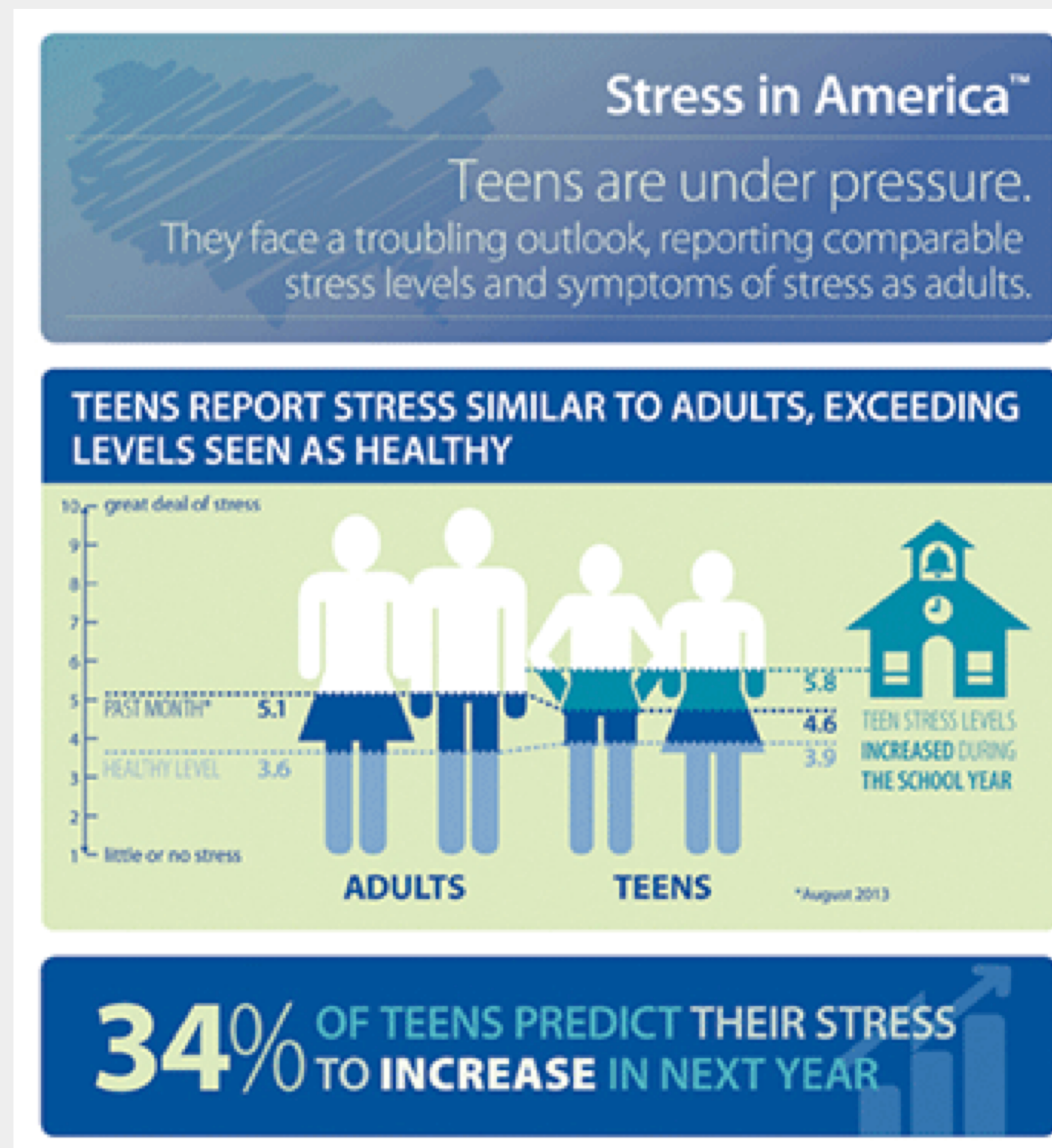
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## Abstract

Stress is something a majority of people go through. Teens however have to deal with finding their “identity” and struggling to prove to themselves that they are good enough. Teens don’t have much of a clue on how to “fix” or manage their stress which can be changed. The stress teens experience can impact them emotionally, mentally and socially, leading to greater effects in their lives.

## Key Points

- Teens are more prone to negative coping behaviors
  - Smoking
  - Drinking
  - Self-harms
- Parents can help
  - Sit and listen
  - Teach teens different skills
    - Time-management and problem solving
- Mental Health is a common cause of death in teens



“American Psychological Association “ 2014



## Conclusion

A teens life is strongly affected by stress. From a diminishing social life to becoming easily hurt emotionally, teens are in need of help. It is important for people to understand that teens need help coping with the stress in their lives especially now. These teens are this generation's future and if they aren’t able to cope with their stress things will be harder for them. To further my understanding on this topic I would research more about what sort of damage stress does to a teen’s brain.

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“The Jewish News” 2018

