



Is Your Teen Stressed Out?

Here's How to Help...

ACTION GUIDE

Symptoms of Stress in Teens:

Unexpected emotional outbursts

Dropping grades

Changes in eating habits

Haywire emotions

How Parents Can Help:

Allow time for your teen to simmer down. Spend time alone with them on a regular basis to keep avenues of communication open and your relationship close.

Ensure your teen has a scheduled time to do homework. Check in with them during this time. Show interest in the subjects they're studying and discuss them frequently.

If the changes are alarming, such as rapid weight loss or gain or what appears to be reduced or increased food intake at unhealthy levels, take your teen to the doctor.

Ignore if possible. When they calm down, talk with them about the incident and how they're feeling. Let them know their feelings are normal. Teach them ways to express bothersome feelings in appropriate ways.

Withdrawal from the family

Plan regularly scheduled family times together where all kids are “required” to be present. Have family dinners at the table each evening, if possible.

Changes in physical appearance

Ignore, unless their personal hygiene deteriorates. Compliment teens when they’re well-groomed. If drastic changes develop or continue, a visit to the doctor may be in order.

Lack of social or “hanging out” time

Take an active role in your teen’s schedule. Limit the number of extra-curricular activities they can take part in at any given time. Teach your teenager to consider the ramifications of an overbooked schedule.

Unhealthy sleep habits

Notice what time your teen wakes up and goes to bed. Establish reasonable parameters for bedtime, especially on school nights. Consider removal of electronics from your teen’s room if they’re unable to establish and maintain proper sleep patterns on their own.

Negative attitude

Model assertive communication to talk with your teen about their negative attitude. Ask, “What’s up?” to provide them with opportunities to verbalize feelings. Listen.