



# Topic: Managing Stress

## What We Need to Know

According to a 2009 American Psychological Association survey, many parents don't realize how stressed their children are. Nearly half (45 percent) of teens ages 13-17 said that they worried more this year, but only 28 percent of parents think their teen's stress increased.

The American Academy of Child and Adolescent Psychiatry lists these possible sources of stress for teens: school demands and frustrations, negative thoughts and feelings about themselves, changes in their bodies, problems with friends and/or peers at school, unsafe living environment/neighborhood, separation or divorce of parents, chronic illness or severe problems in the family, death of a loved one, moving or changing schools, taking on too many activities or having too high expectations, and/or family financial problems.

## Conversation Starters

Stress is a normal part of a teenager's life. What causes you stress? How often do you feel this way?

How do you cope with stress? How can we help?

Are there times when you feel that "everything is a competition?" Where is this pressure coming from?

## Resources

[American Psychological Association Survey on Stress](#)

[American Academy of Child and Adolescent Psychiatry Helping Teens with Stress](#)