

A STRESS REFLECTION BY _____

Teen Stress In America*



And the list goes on:

- 32% say stress makes them feel as though they could cry
- 31% feel overwhelmed and 30% feel depressed or sad as a result of stress
- 35% lay awake at night because of stress and 26% report changes in sleeping habits
- 32% experience headaches
- 21% experience upset stomach or indigestion as a result of stress
- 23% have skipped a meal because of stress

1. **CLAIM** Stress is the uncomfortable feeling you get when you're worried, scared, angry, frustrated, or overwhelmed.

EVIDENCE Stress comes from many different places like from your parents, from your friends or even from yourself.

REASONING

2. **CLAIM** Even though stress is uncomfortable, it's not always a bad thing.

EVIDENCE Sometimes stress helps us deal with tough situations. A lot of stress changes our bodies quickly and helps us react to an emergency. A little stress keeps us alert and helps us work harder

REASONING

3. **CLAIM** When you are stressed, it is normal to want to feel better. Negative coping strategies can be quick fixes, but they're harmful because they can be dangerous and make stress worse in the long run.

EVIDENCE Some of the ways people cope with stress can really hurt them like: Drugs, Cigarettes ☹️ Alcohol, Fighting ,Cutting/self-mutilation, Skipping school , Eating disorders , withdrawal etc . . . They end up making people worried about you or angry with you. This messes up your life, and you become a lot more stressed

REASONING

There are many healthy ways of coping. Healthy coping strategies are safe and can help you feel better without messing up your life.

None are quick fixes, but they will lead you toward a healthy and successful life. When you read over the plan, you'll notice that you can come up with a bunch of ideas for each point. PLEASE don't think you should try them all. This plan is supposed to help you reduce stress, not give you more.

My Stress Management Plan

Claim.....Tackling the Problem

Evidence

- 1) A lot of people cope by ignoring problems. This doesn't make them go away; usually they just get worse.
- 2) People who cope by trying to fix problems tend to be emotionally healthier.
- 3) When it comes to studying or chores, it is best to get the work done first. Because work or studying produces stress, many people put it off and choose to do fun things first. The problem with that is they're not really having fun because they're worrying about the work they're ignoring. And of course, the longer they put it off, the more they worry. The cycle is endless.
- 4) Fights with parents and friends don't go away unless you deal with what upset you in the first place or unless everyone apologizes and decides to forgive each other.

Reasoning (relate to your own life. How can you tackle your problems?)

Claim.....Avoid Stress When Possible.

Evidence

Sometimes we know exactly when we are headed for trouble. Avoiding trouble from a distance is easier than dealing with it up close. You know the people who might be a bad influence on you, the places where you're likely to get in trouble, and the things that upset you. Choose not to be around those people, places, and things that mess you up.

Reasoning (Relate to your life)

Claim.....Let Some Things Go.

Evidence It's important to try to fix problems, but sometimes there is nothing you can do to change a problem. For example, you can't change the weather, so don't waste your energy worrying about it. You can't change the fact that teachers give tests, so just study instead of complaining about how unfair they are. You can't change the fact that your parents need to know where you go, so prove that you're responsible and deserve more freedoms. Also learn when not to take things personally. You feel badly for no reason when you take something personally that really has little to do with you.

Reasoning (Relate to your life)

Claim.....Taking Care of My Body

Evidence Exercise is the most important part of a plan to manage stress. When you are stressed, your body is saying, "Run!" So do it. Exercise every day to control stress and build a strong, healthy body. You may think you don't have time to exercise when you are most stressed, but that is exactly when you need it the most. If you are stressed about an assignment but too nervous to sit down and study—exercise! You will be able to think better after you have used up those stress hormones

Reasoning (Relate to your life)

Evidence

- 1) Breathe deeply and slowly.
- 2) Eat Well. Everyone knows good nutrition makes you healthier. Only some people realize that it also keeps you alert through the day and your mood steady. People who eat mostly junk food have highs and lows in their energy level, which harms their ability to reduce stress. Instead of eating greasy or sugary foods, eat more fruits, vegetables, and whole grains—they keep you focused for a longer time.
- 3) Sleep Well. Most kids don't get the sleep they need to grow and think clearly. Tired people can't learn as well and can be impatient and irritable.

Reasoning (Relate to your life)

Claim.....Dealing with Emotions

Evidence Take Instant Vacations. Everyone needs to be able to escape problems for a while by taking an instant vacation. Release Emotional Tension. I will try to let my worries go, rather than letting them build up inside. ☒

Reasoning (Relate to your life)

