

ARE YOU STRESSED OUT?

Sometimes being young isn't all that great. Your parents are getting on your case, and your friends are being weird or maybe you just feel like you have too much to do and not enough time to do it.

Now your stomach hurts, you can't concentrate in school, and the smallest things get on your nerves. You're probably stressed out.

WHAT IS STRESS?

Stress is a reaction that you feel in response to pressures in your life. You are taking a test. You find yourself in an unfamiliar situation. You're rushing from one thing to the next. In each case, the pressure is on and you may feel the effects in your mind and body. That's stress.

Not all stress is bad.

Stress can rev you up and give you more energy to handle a situation. That's the way that your body makes sure you will come out ok. Stress is a normal part of life, especially when you are going through lots of changes or aren't sure about how things will turn out.

Stress can become a bad thing when you feel it all the time.

This means that your body is working extra hard and isn't getting the break it needs to recover.

HOW DOES STRESS FEEL?

Learning how your body reacts when you become stressed and looking for those signs in the future can help you reduce the physical effects.

Here are the common signs of stress:

- Feeling angry, irritable or easily frustrated
- Trouble sleeping or wanting to sleep all the time
- Losing your temper with others
- Headaches or other unexplained aches and pains
- Changes in appetite or eating habits
- Getting colds more than usual
- Fighting with family and friends
- Trouble concentrating or thinking clearly
- Feeling sad or moody
- Feeling nervous or anxious
- Feeling that you can't handle life's challenges
- Not wanting to be around people or take part in activities

If you're having any of these symptoms, it's important that you take care of yourself.

WHAT IS STRESSING PEOPLE OUT MOST?

Mental Health America surveyed 11-17 year olds who came to MHAScreening.org about what was stressing them out. Here's are the top 5 things that caused them stress.

76%

GETTING GOOD GRADES



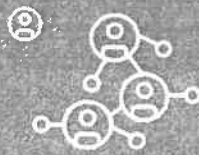
76%

PREPARING FOR THE FUTURE



68%

LONELINESS



62%

BODY APPEARANCE



61%

JUGGLING PRIORITIES

(School, sports, jobs, clubs, etc.)

