

Help Your Teen Reduce Stress

Not all parents take teenage stress seriously, but unfortunately it is a real issue that can affect the kids' whole lives if not addressed. In the worst cases, stress can be so overwhelming for teens that they will commit suicide. So, if you suffer from teenage stress, you should definitely look for ways to cope.

First, however, it is important to know that some amount of stress is normal and natural. In fact, stress is simply the body's reaction to any challenging situation. It is a way for you to prepare mentally and physically whenever you are faced with situations that could even potentially be dangerous.

In ancient times, this response would ensure survival as many more dangers lurked about. These days, we can overdo it and have stress reactions to situations that do not require the same kind of physical action. Free51.net is that the adrenaline and other substances that the body produces to prepare you to run or fight back are not used, so they hang around the body too long.

Unfortunately, this triggers a low and constant stress level that can affect us emotionally, mentally and physically. The results can vary from headaches and digestive problems to depression and improper, aggressive behavior.

Some of the common causes of long term stress for teens include:

Being a victim of bullies or being threatened, even in situations of gang membership.

Problems with school work that can stem from the work itself or from expectations from parents, teachers or the teens themselves that are set too high.

Problems at home, which could vary from conflicts with parents or siblings to problems dealing with divorce.

Peer relationships including friendships and love relationships.

Issues dealing with anxiety, and the inability to deal with mild stressors without overreacting.

So, what steps should you take if you suffer from teenage stress? In some cases, other underlying issues such as ADHD and anxiety can cause stress, and they can be treated with either medication or therapy.

In many cases, though, you can reduce stress by simply changing some things in your life. First, take care that you are not overcrowding your schedule. Time for relaxation is important to everybody. Take note that relaxation does not mean waging war on your Xbox or watching horror movies. Even if they are fun to play or watch, they can make your stress level worse. Instead, listen to soft, relaxing music, or take some exercise that will work off the adrenaline.

Eating healthy is important too. Avoid alcohol and try not to smoke. A cigarette, alcoholic drink or drugs may seem to relieve the tension temporarily, but over time they cause a lot more stress by depleting the body's resources of energy.

If you are very busy, take a look at your schedule and ask yourself if there is something that you could cut out. Do what you need to do without a lot of fuss or procrastination, so that tasks you dislike do not hang over you like black clouds.

If you often feel that you cannot cope, you may need to talk to somebody older about it. Don't forget that you can also talk to professionals. Your school counselor or your pastor might be your first choice, especially if you feel that people at home do not take you seriously. Even a grandparent or a nice neighbor can listen.

Be assured that everything can be overcome, and nothing lasts forever. Teenage stress is a common problem but it can be overcome.

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