

COPING MECHANISMS FOR YOUR TEENS

TIPS:

- LET YOUR KIDS TAKE A BREAK FROM SCHOOL OR WHATEVER THEY NEED FOR REJUVENATION (MENTAL HEALTH DAY)
- SPEND TIME WITH YOUR KIDS (ASK THEM ABOUT THEIR DAY, GO ON A WALK)
 - LISTEN TO THEM WITHOUT INTERRUPTING
- HELP THEM GET THROUGH SITUATIONS AND WORK THROUGH PROBLEMS TOGETHER
 - ENCOURAGE THEM
- SHOW INTEREST IN WHAT YOUR KIDS PARTICIPATE IN/HOBBIES
 - SHOW YOUR KIDS LOVE

Help your kids!

The majority of kids today suffer from stress whether it is from school, sports, family, or social aspects differs; however, the effect stress has on kid's mental health cannot be ignored.

Parents, guardians, or other family members have a responsibility to help kids cope with stress in a healthy manner. Here are some tips that can help!

Tips

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 - show your kids love

Facts

- 31% of teens report feeling overwhelmed
- 30% reported being depressed or sad as a result of stress
- 36% reported feeling tired or fatigued
- 23% reported skipping a meal due to stress
- Only 16% have reported that their stress levels have decreased
 - 31% say it has increased
- Average reported teen stress level: 5.8 vs adult: 5.1
 - A survey spanning 72 countries and 540,000 teens (15-16) showed that 66% reported feeling stressed about poor grades
 - 55% reported feeling anxious about school testing (same survey)
- Academic pressure can lead to anxiety, stimulant abuse, social isolation, and more
 - Academic pressure can come from family expectations, goals placed by themselves, coaches/teachers, and society
- 2/3 of high school students are often or always worried about getting into their college of choice

With Stress!