

Your Stressed Out Teen

A Survival Guide for Parents (and their teen!)

Lisa Huber, M.D.

Peachtree Psychiatric Professionals, P.C.

www.ppp-pc.com

www.peachtreedbt.com

Why so stressed?

“Kids have it so easy – they don’t have to make house payments, car payments, phone payments. All they do is hang out with their friends and play video games.”

“They have such a great life. We give them everything. Why are they unhappy and stressed? I don’t get it.”

Stress

Something that causes
strong feelings of worry or
anxiety

What do teens worry about?

School

Getting into a good college

Parents

Friends/Social

Not Enough Time

Sports

Lots of other little stuff

Teen Stress Beats Adult Stress

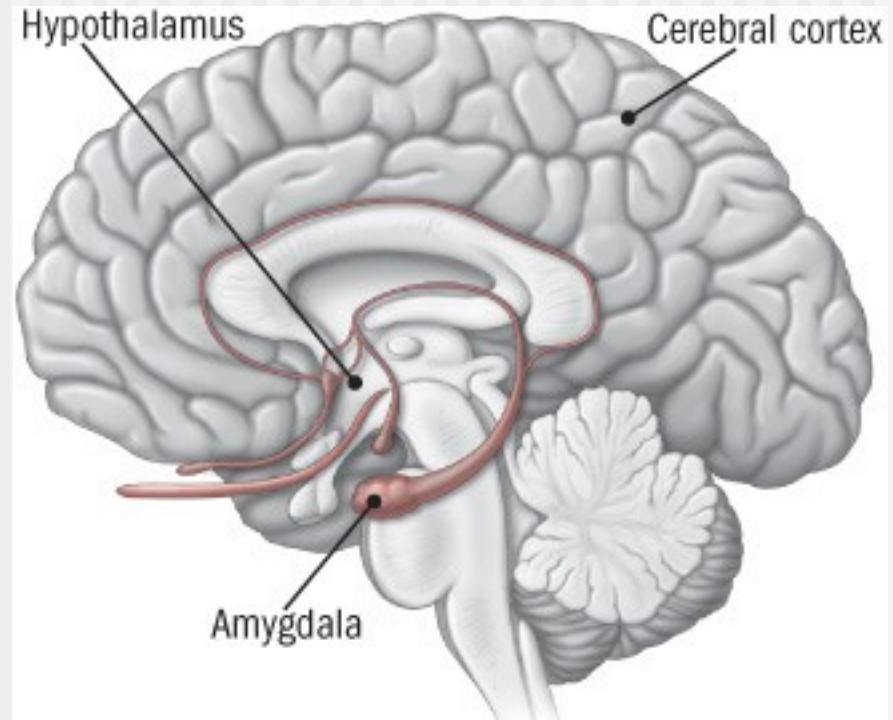
In 2013, young adults (18-33) were the most stressed population.

In 2014, it was teens.

Parents are more stressed than their counterparts without children

The Stress Response

Fight or flight



Stress: Good, Bad and Ugly

The Good: Enhances performance

The Bad: Worsens anxiety, elevates blood pressure, and decreases the immune system

The Ugly: Causes weight gain around the middle, contributes to depression, heart disease and other illnesses

Signs and Symptoms

- Feeling nervous or anxious
- Feeling tired
- Procrastinating or neglecting responsibilities
- Feeling overwhelmed
- Having negative thoughts
- Experiencing changes in sleeping habits.
- Problems with concentrating
- Changes in eating habits (eating too much or too little)

What to Do?

- ✓ Make a list of your stressors
- ✓ Take control of what you can
- ✓ Give yourself a break (“good enough”)
- ✓ Talk through it (social support)
- ✓ Aerobic exercise
- ✓ Sleep
- ✓ Find balance
- ✓ Do things you enjoy (self-care, laugh)
- ✓ Meditation, yoga, relaxation

How to Help Your Teen:

- ✓ Listen and validate their concerns, even if you don't understand them
- ✓ Monitor if stress is affecting their teen's health, behavior, thoughts, or feelings
- ✓ Watch for overloading
- ✓ Learn and model stress management skills
- ✓ Support involvement in sports and other pro-social activities

Validation

- ◆ To acknowledge and accept a person's feelings, thoughts, behaviors and internal experience as valid and understandable.
- ◆ Validating does NOT mean agreement with what he is thinking, or feeling or his behavior.
- ◆ Invalidation means that another person's emotional experiences are rejected, ignored, or judged.

Sleep

- Teens need 9 1/2 hours of sleep
- Shift in biological clock to later production of melatonin
- Teens who don't get enough sleep are four times as likely as well-rested teens to develop major depressive disorder
- Willing and able to enforce?

Meditation and Mindfulness

Jon Kabat – Zinn

Mindfulness-based Stress Reduction

Thich Nhat Hanh

Plum Village – 88 years old

Andy Puddicombe

Headspace

Mindfulness

- Paying attention
- On purpose
- In the present
- Non-judgmentally

The science: Cortisol, heart rate variability,
brain scans

Pain vs. Suffering

Pain + Acceptance = Pain

Pain + Non-acceptance = Suffering

By being aware of our stressors,
we can work to change or accept

RAIN of Compassion

Recognition – NOTICE what is happening

Acceptance – say “yes,” allow, make room for the experience

Investigate – Be curious, even familiar experiences do not repeat

Non-identification – become a witness to the experience. Do not get caught up in it.

+Compassion – maintaining an attitude of kindness, gentleness and friendliness towards self and others

Video

Andy Puddicombe on You Tube

All it takes is 10 mindful minutes

5:00 min

Less Stressed?

Thank you!