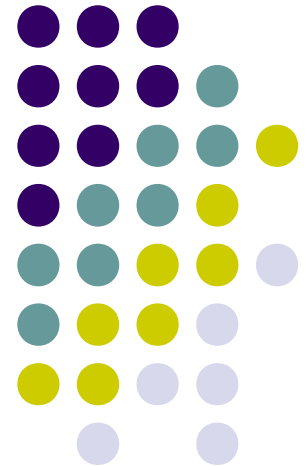


# Stress

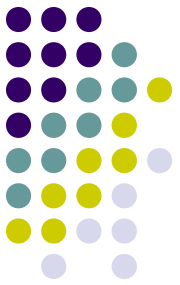
Mayank Yadav



VIT VISION 2009



# STRESS IN ADOLESCENTS AND ITS MANAGEMENT



# What do you understand by Stress?

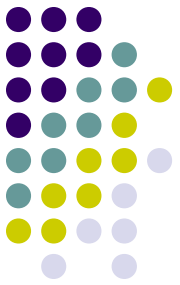
- The way our body and mind react to life changes



# Adolescents and stress ?

- **Teens are under more stress**
- **Since adolescence is a period of significant changes**
  - physical,
  - emotional,
  - social, and
  - academic changes

**many than at any other time of life.**



# Where does stress come from ?

## **Stress can come from Inside -**

- **Body image**
- **Not happy with the way you look**
- **self-conscious feel everyone is staring at you**

## **Stress can come from Outside i.e. surroundings, environment**

- **Family .....**
- **School ....**
- **Friends /Peers ...**
- **Society ....**
- **Others .....**

# Stresses *physical*



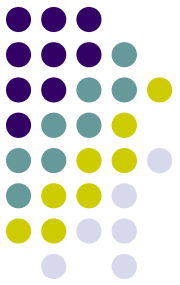
- Prolonged school hours
- Over-packed class rooms
- Pollution *air, noise*
- Overcrowding road
- Poor ventilation

# Stresses *psychological*



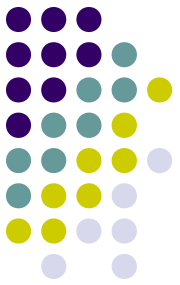
- **Changing schools**
- **Conflicts with teacher**
- **Forced competitiveness**
- **Falling grades**
- **Have to present in class**
- **Learning disorders**
- **Special recognition**

# Stress *psychosocial*



- Relationships
- Peers –
  - You want to spend time with peers but without parental supervision
  - Their opinions more important than that of parents
- Conflicts with parents, friends
- Media *internet*
- Secret lives .....





# How do we react to stress?

- Reaction
  - *FFF (Fight – Flight – Freeze)*

ULTIMATELY *how each person reacts* will decide how STRESS will affect **YOU**

This means that whether we get **“stressed out or not”** depends mainly on **US**



# Body parts infected by stress

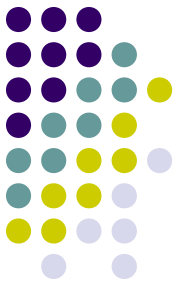
- **Hair**
- **Brain**
- **Mouth**
- **Heart**
- **Lungs**
- **Muscles**
- **Digestive System**
- **Reproductive Organ.**

# Signs and Symptoms of Stress



## Physical

- **Poor appetite or overeating**
- **Feeling tired and fatigued**
- **Various aches and pains ---headache body ache muscle pain**
- **Nausea & abdominal Pain**
- **Sleep problems**
- **Falling sick very often e.g. fever cough cold diarrhea**  
( *because of lowering of immunity due to stress*)



# Mental

- **Feeling low**
- **Nervousness and Anxiety**
- **Excessive Anger or Depression**
- **Being easily upset**
- **Poor self confidence**
- **Low self esteem**
- **Lack of Concentration**
- **Poor performance in studies**

# Is STRESS good or bad for us ?

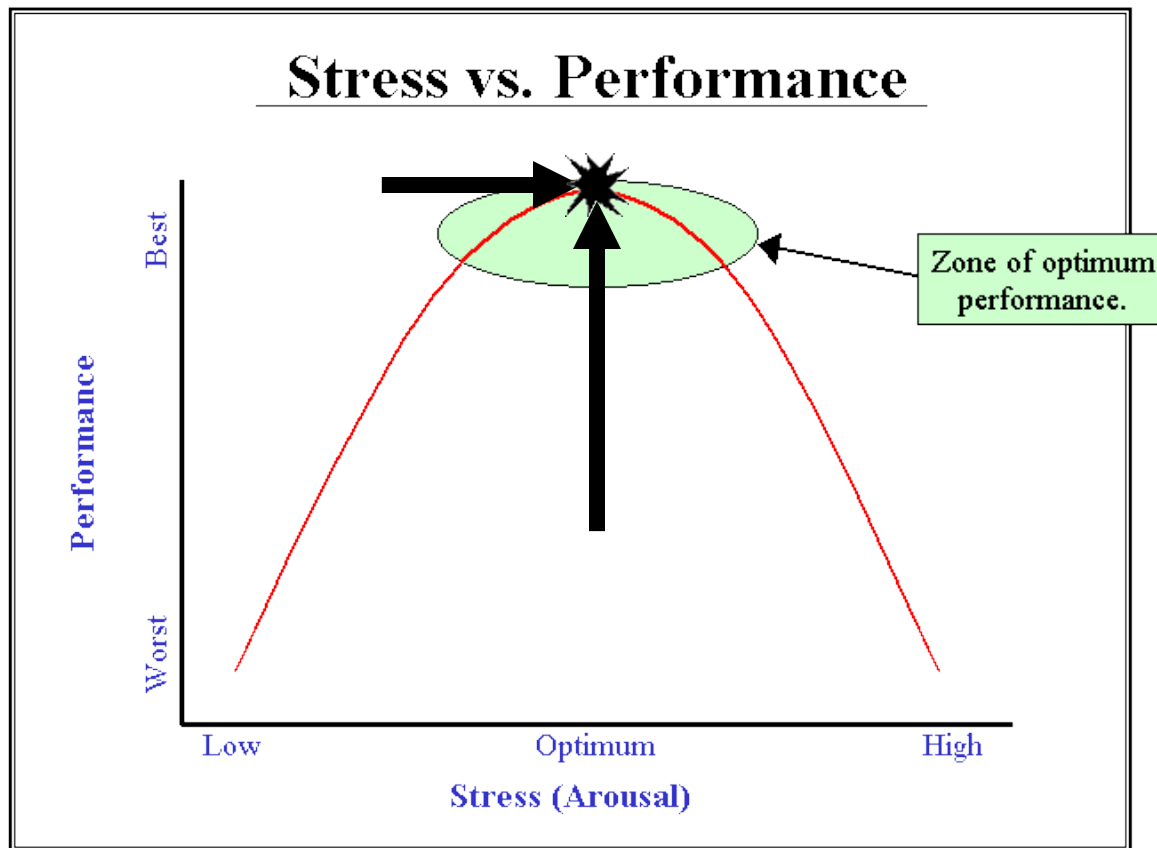


- Some amount of stress is essential for us to excel in life. This is **good stress** or “EUSTRESS”
- But when stress is too much then **it reduces performance**. This is **bad stress** or “DISTRESS “

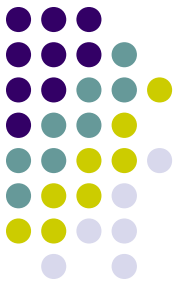
# Stress and Performance:



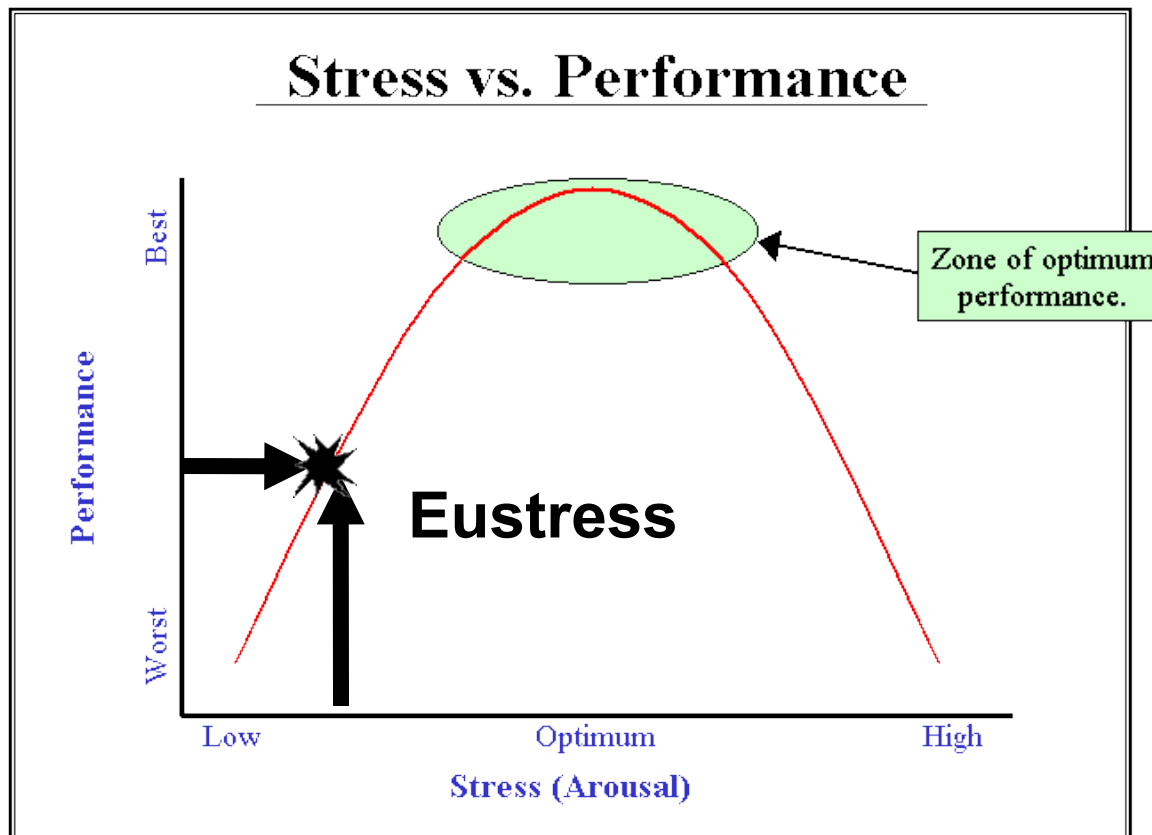
Inverted-U Hypothesis:

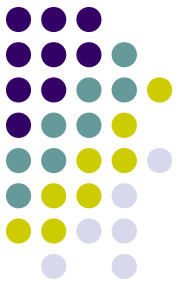


# Stress and Performance:



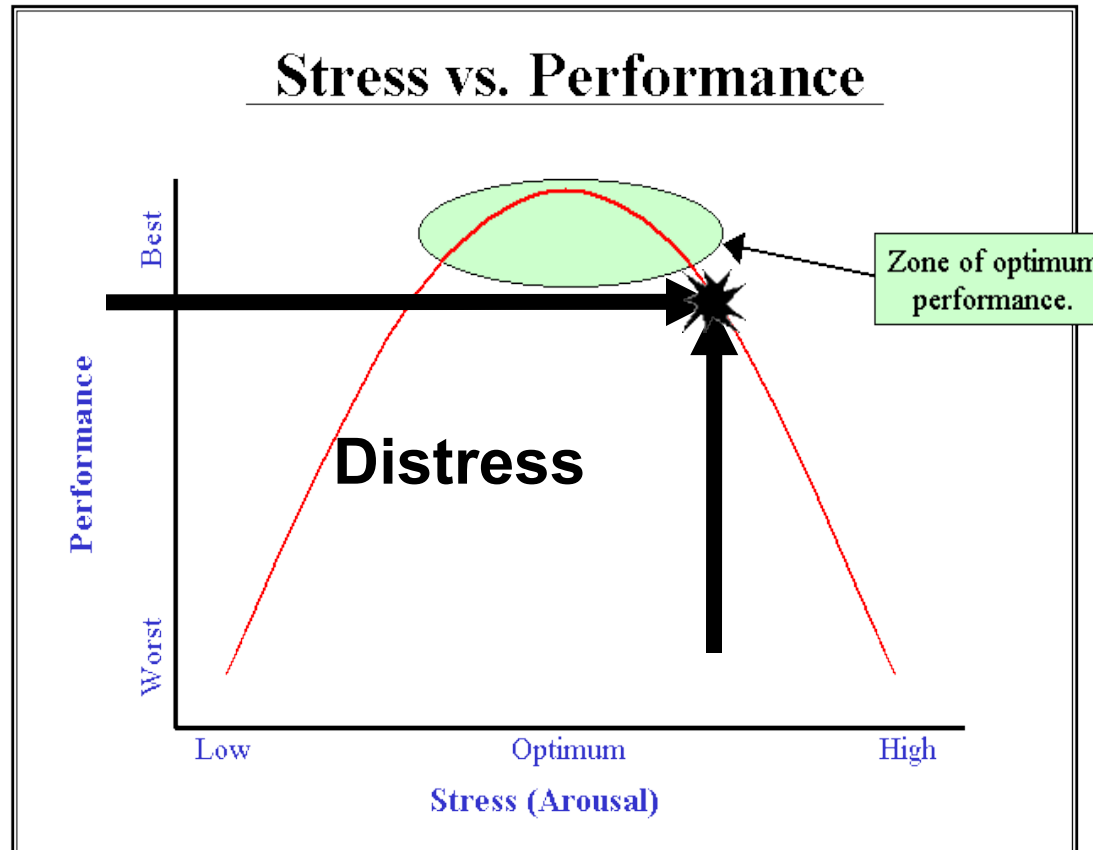
Inverted-U Hypothesis:





# Stress and Performance:

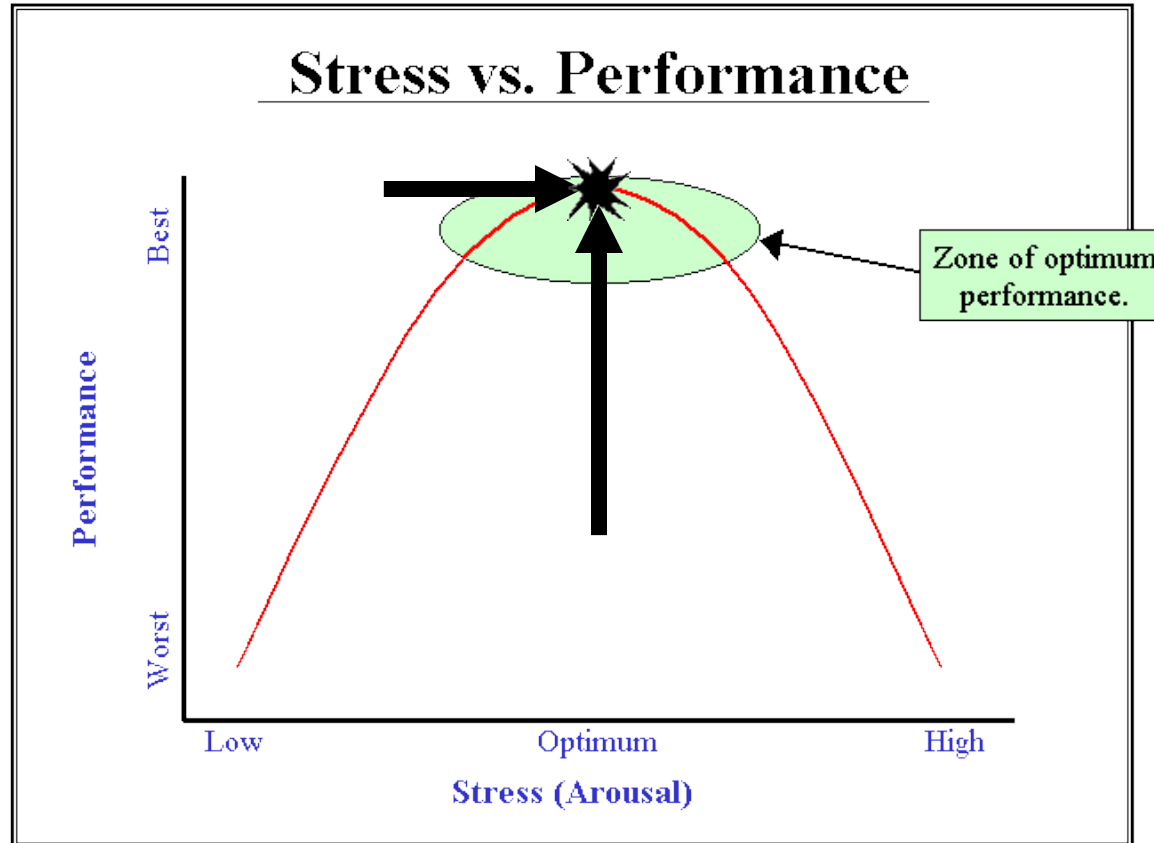
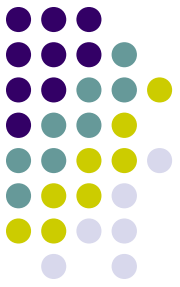
Inverted-U Hypothesis:





# Stress and Performance:

Inverted-U Hypothesis:





# Stress and Performance

Dealing more effectively with stress improves  
performance and the quality of life



It is like salt and pepper to life

# Is STRESS good or bad for us ?



All stresses can be GOOD

**So all efforts should be to convert all stresses into EUSTRESS –This can be achieved by stress management techniques**

# Stress Management Tips



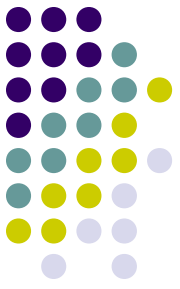
- **Making little changes** in your life can really add up to a big feeling of relief.
- **Learn to recognize** when you are feeling stressed and simple ways you can relax.
- **Take a break.** Have a cold drink, get some fresh air, or close your eyes for a minute to refocus.
- **Stay positive** to help friends and family cope with stress.
- **Let others know** you're feeling overwhelmed and tell them how they can help.
- **Allow yourself** to simply say "no" to friends and family when you know you cannot meet their demands without becoming overwhelmed.

# Stress Management Tips



- **Be prepared** for unexpected problems such as traffic, a lost pet or a family emergency.
- **Prioritize.** Take control of your "to do" list by deciding what's really most important on your list.
- **Write down feelings** of sadness, frustration or anger to get a clearer perspective of your emotions.
- **Enjoy life's simple pleasures** like colorful flowers, dancing, music, and social outings, etc.
- **Share your talents** to better the lives of others as well as your sense of well-being.

# Stress Management Plan



**Exercise regularly.**

**Have healthy eating habits never skip breakfast**

**Reduce sedentary activities like TV Video games etc.**

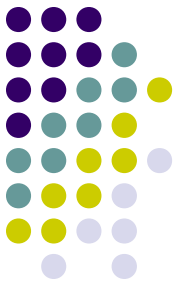
**Eat healthy nutritious food. Avoid Junk food .**

**Avoid excess caffeine intake eg tea coffee chocolates and  
cola drinks**

**Do NOT TAKE QUICK FIX REMEDIES like alcohol tobacco  
and drugs**

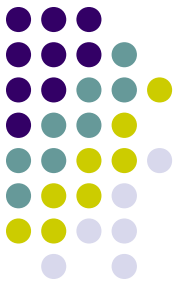
**as they have long term and very harmful  
effects on your body and mind .**

# Stress Management Plan



- **Practice time management**
- **Learn relaxation exercises.**
- **Rehearse and practice situations.**
- **Learn practical coping skills.**
- **Decrease negative self talk.**
- **Learn to feel good with a workable result – Don't be a perfectionist.**
- **Build a network of friends.**

# Stress Management Plan:



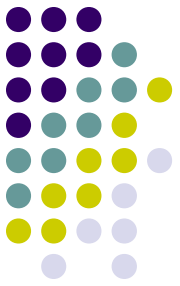
## ***Relaxation Techniques***

- **Breathing Awareness**
  - **Abdominal Breathing**
  - **Sigh Breathing**
- **Progressive Muscle Relaxation**
- **Visualization**



## Stress Management Plan:

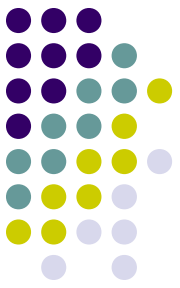
### ***How to seek help to destress***



**Talk to a person whom you trust : friend, parent, teacher, relative, etc.**

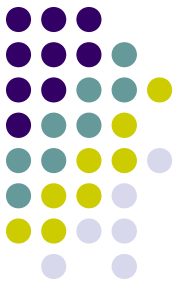
**If you feel that you are not able to cope with your distress do not hesitate to go to your - school counselor /family doctor/ adolescent pediatrician**

# How do you recognize that you need professional help ?



- **Deteriorating school performance**
- **Inability to sleep or excessive sleep**
- **Losing or gaining weight**
- **Feeling low or tired all the time**
- **Mood swings : crying, getting angry**
- **Not wanting to talk to anybody**

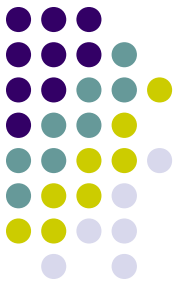
# A Thought



***The only difference between a diamond and a lump of coal is that the diamond had a little more pressure on it. –***

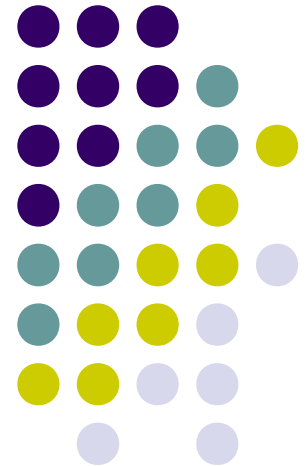
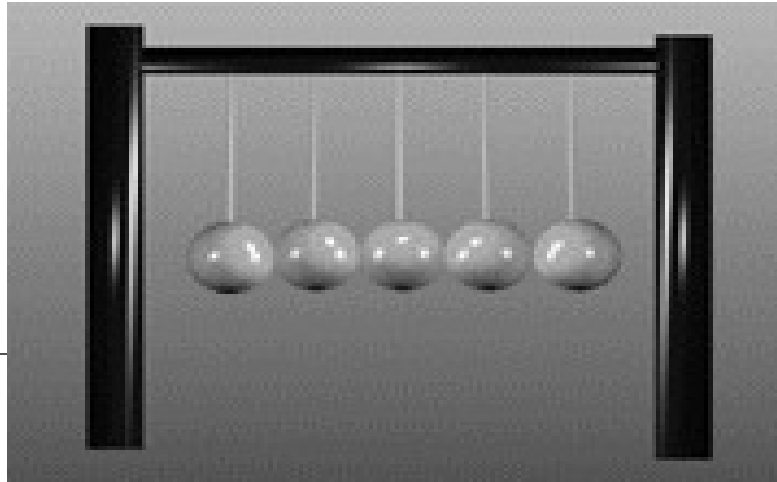
***ANONYMOUS***

# KEY POINTS



- **STRESS is very common**
- **Use stress in a positive way**
  - Limit **NOT** eliminate stress.
  - Use it to improve your performance.
- **Learn Coping Skills**

# Find the Right Balance



***Thank You***  
***- Mayank***