

# TEENS...GOT STRESS?

What is stress?

Stress is how your body and mind respond to changes—new or different situations, people in your life, or feelings that you have. Bad stress is unhealthy and can make you feel lousy, worried, or depressed. Bad stress can make it hard to do well in school, to focus on other activities, and to have good relationships with people who you care about.

What are signs of stress?

- Headaches, stomach aches and muscle aches
- Getting angry or annoyed more easily
- Feeling more tired than usual
- Feeling sad or frustrated
- Not being able to sleep
- Eating more or less than usual
- Not being able to concentrate



What can you do when you're stressed?



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Please visit our website at <http://www.ph.ucla.edu/prc/>,  
Visit us on Facebook at "Teens and Stress",  
Or follow us on Twitter @TeensandStress.

## A Couple Helpful Resources for California Teens

Phone Hotline:

California Youth Crisis Line (24 hours a day/7 days a week) 1-800-843-5200

Website Hotline:

[www.teenlineonline.org](http://www.teenlineonline.org)