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?

IN YOUR COMMUNITY
- go to the YMCA or other community center
- play sports or get some exercise
- hang out with friends

IN YOUR HOME
- nourish your body with fruits and vegetables
- listen to music
- play with your pets
- take a walk
- take a nap
- draw/write about anything you’re feeling
- go to the mall

WITHIN YOURSELF
- do yoga
- deep breathing
- stretch
- talk to a friend
- visit a park
- take a hot shower or bubble bath to clear your head
- participate in school clubs
- play an instrument
- watch TV or play a game
- spend time at the library

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

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Please visit our website at http://www.ph.ucla.edu/prc/.
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