

TEENAGE STRESS



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TEENAGE STRESS - SOME THEORY

Any adult who doubts that teenage stress is a real problem affecting a large number of teenagers, only needs to cast their mind back to their own teenage

Teen stress is similar to the adult stress in terms of the signs and symptoms. But the causes of teen stress are totally different and they need somewhat different stress years.

"Stress" is defined as the way our bodies and minds react to life changes.

We are in the stress because we have pubertal changes, we changing schools, financial problems, holidays stress, death of a loved one, family problems and other...

Špela Peserl and Karin Petko

What makes me stressed?

I'm stressed when teacher puts questions for me and I don't know.
Sometimes I'm stressed in school, when we write a test.
I'm stressed when I do something, but I know that is wrong.
I don't like the time, when my parents are angry at me and this makes me stressed.

What do I do to overcome this stress?

When I'm stressed, normally I go to nature or I'm with my animals.
Sometimes I phone my best friends. I don't think about my problems then. I play piano or listen to music and these me makes happy again.

Nataša Brunčič, 7. a



When I'm with my dog, I'm happy.

What makes me stressed?

I'm stressed in the school because we write a test and when teachers ask me.

I'm stressed because my parents are angry with me if I don't learn.

What do I do to overcome this stress?

I play the piano and play with my brother. He is very fun.

I read books and listen to music. I talk with my cousin and I'm happy.



Rebeka Šnofl, 7.a

What makes me stressed?

Teachers (I don't like when they tell me that my school work isn't good)

School (I have something hard in my stomach when I go to school or I fell bad news)

School exams (I now that I learned for exams but I fell that I'm going to get bad mark)

Concert whit band (I'm happy but I have stress before I go on performing plate)

Checking homework in school (when I don't have them I fear teacher! She or he can give me bad... mark, like 1)

What do I do to overcome this?

Run (when I run I feel better and my body is fresh)

Play computer games (I fell better when I play games whit another person and talk whit them)

Play drums and sing

Žan Majerič, 9. a

What makes me stressed?

- parents-they scream at me when i don't clean my room
- homework-hard homework that I don't understand
- tests-hard tests that don't understand
- clothes-too big or too small clothes
- love things-boys don't understand girls when they are in love with them

What do I do to overcome this stress?

- sport-I take away bad things when i play any sport
- listen music-listen favourite songs when I'm sad
- to eat enough vitamins
- talk with friends
- tell my bad things to parents
- scream

Ina Pivljakovič 9. b



What makes me stressed?

The school, tests because you aren't sure if you have learned enough and you don't want to get a bad note. On the other side parents which put pressure on you and they always want you to clean your room, read books instead of playing computer games but they don't know that we teenagers don't want to do things they want, we want to be free of any concerns.

I got stressed if teachers are screaming if I forget my homework or don't know the things we learned. But if I come home and see there's a huge pile of books I become lazy. If i forget my homework and i remember on it in the morning I quickly write it if i can.

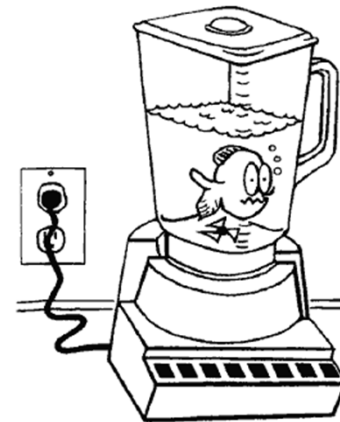


What do I do to overcome this stress?

I try to relax, don't think on school.

I listen to the music which is one of the most effective methods to overcome stress. I like to play sports, too. I play tennis or football because in this sports you need to think on the game so you easy forget all worries. I sometimes play computer games to overcome the stress... But I can really manage to get relaxed if I meet my friends and we make fun things together, sometimes we just talk but it really helps.

Domen Horvat, 9. b



**And you thought
there was stress
in your life !**

What makes me stressed?

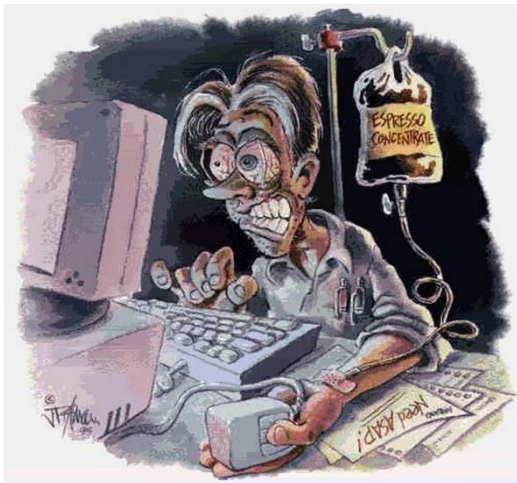
Well, of course the school in the first place, when there is no time to learn for all the subjects. I often get stressed, because I learn a lot for a subject, but therefore I get a bad mark by another subject.

And this is making my parents very angry. When they scream at me I become even more stressed...and then one times my nerves break. Friends can make me stressed, too. They want me to meet somewhere when I at least have time.



What do I do to overcome this stress?

At the most times I go to meet some good friends and forget about the problems. When I have more time I go to play some aggressive sports or go with my motorbike around the streets...that helps a lot. Often I also relax and wait that I forget about the problems. (Example) I lie on bed and listen to music...



Rok Peklar, 9. a