

✓ Bitterness ✓ Resentment

Some strategies to release stress

- 1 Taking 2 or 3 deep breaths to relax you before confronting a stressful situation, such as family disagreements, an exam, breaking off with a girlfriend or boyfriend, etc.
- 2 Calling a time out when a relationship or situation has an impasse and needs some space or a change of peace. Not studying for a few hours just before a major exam can actually help you achieve a higher score.
- 3 Taking positively to yourself by saying; I can handle this. No need to overreact.
- 4 Relax!
 - * *Breath deeply several times when I feel stressed*
 - * *Do a favorite physical activity*
 - * *Have quiet time and meditation*
 - * *Read a good book or story*
 - * *Get to 7-10 hours of sleep each night*

- * *Take one day off each week*
- * *Take advantage of school and family vacations to extra rest and relaxation.*

- 5 Analyzing the situation by asking, What can I do about this? If there is something you can do, then do it. If not, accept the worst and make the best of it.
- 6 Getting perspective by asking, what difference will this make next year?
- 7 Identifying the stressor. Determine the real problem with it.
- 8 Looking for some humor and not taking yourself or life too seriously. Some situations can be so complex they are funny.
- 9 Admitting it (if you blew it) and trying to make it right. Avoid a perfectionist attitude. Everyone makes some mistakes.

"Sometimes God calms the storm, and sometimes He lets the storm rage and calms His child"
- Jean Van Dyke -

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SIMPLE TO WAYS

Release Your
Teenager's
Stress

SIMPLE WAYS TO RELEASE TEENAGER'S STRESS



Introduction

Youth is a wonderful state of mind. It is creative, optimistic, idealistic, daring and energetic. This state can be observed at any stage of life but it is especially apparent between ages thirteen and nineteen.

The teen years are indeed unique. Graciously, they are limited to only seven years of life's journey, which for some is a hormonal endurance test with nightmarish experience. I know both teens and parents who have been to hell and back a number of times during these years. For some teens the cause has been with

parents who are less than understanding on the other hand, the best of parents have been tested to the core.

Major Stressors

- 1 Other people's expectations of you (friends, parents, teachers and coaches)
- 2 Your need of friends and meaningful relationships
- 3 Dating or lack of it
- 4 Time demands; too much things to do
- 5 Feeling self-conscious or concerned about body image
- 6 Worrying about friends problems, parent's divorce or illness
- 7 Peer pressure to use drugs or alcohol
- 8 Anxiety about grades and homework
- 9 Depression or relationship issues
- 10 Choosing life values
- 11 Fearing death of parents from accident or illness etc,
- 12 Growing up and taking responsibilities
- 13 Money and debt problems

- 14 Parents and family problems
- 15 Career and job concerns

TEEN STRESS-WARNING SIGNALS

Physical signals

- ✓ Tense muscles
- ✓ Sleeping too little or too much
- ✓ Sudden bursts of energy
- ✓ Cold or sweaty hands
- ✓ Headaches
- ✓ Eating too little or too much
- ✓ Nausea or upset stomach
- ✓ Heart racing or pounding
- ✓ Extremely tired

Mental Signals

- ✓ Forgetfulness
- ✓ Procastination
- ✓ Inability to get things done
- ✓ Lost interest in appearance
- ✓ Getting into arguments and fights

Spiritual Signals

- ✓ Feeling empty
- ✓ Loss of direction
- ✓ Unforgiving attitude
- ✓ Loss of Faith

- ✓ Difficulty making decision
- ✓ Difficulty concentrating
- ✓ Day dreaming or bad dreams
- ✓ Lack of creativity
- ✓ Thoughts of running away
- ✓ Constant worry
- ✓ Loss of sense of humor

Emotional Signals

- ✓ Overwhelming sense of pressure
- ✓ Feeling powerless to change
- ✓ Feeling trapped or victims
- ✓ Feeling bad about oneself
- ✓ Feelings of inferiority
- ✓ Feeling lonely
- ✓ Feeling hopeless or depressed
- ✓ Nervous and anxious
- ✓ Outburst or temper
- ✓ Crying for no reason

Behavioral Signals

- ✓ Deliberately doing sloppy work
- ✓ Grouchy, irritable even mean