



TEENAGE STRESS

Adolescence brings rapid physical, emotional and social change. Most young people will feel stressed at times, but stress can become a problem when it feels overwhelming, lasts for a long time or starts to affect everyday life.

Pressure may come from school or exams, friendships, family difficulties, bullying, social media, relationships or worries about the future.

Signs that a young person may be struggling include:

- becoming unusually withdrawn, tearful, irritable or angry
- changes in sleep, appetite, concentration or school attendance
- losing interest in things they usually enjoy
- frequent headaches, stomach aches or feeling constantly tired
- talking about feeling hopeless, worthless or unable to cope

Self-harm should always be taken seriously. Young people may self-harm for different reasons, often as a way of coping with painful or overwhelming feelings. Calm, non-judgemental support and professional help can make a real difference.

TOP TIPS FOR TEENS

1. Keep a regular sleep routine and give yourself some screen-free time before bed.
2. Eat regularly, drink enough water and go easy on energy drinks and caffeine.
3. Move your body in ways you enjoy - walking, dancing, sport or simply getting outside.
4. Break schoolwork or revision into manageable pieces and take short breaks.
5. Notice when social media is making you feel worse and step away when you need to.
6. Talk to someone you trust - a parent, relative, teacher, tutor, counsellor or friend.
7. Practise slow breathing or another calming technique when you feel tense or panicky.
8. Be kind to yourself when something goes wrong. One mistake does not define you.
9. Avoid using alcohol, nicotine, vapes or drugs as a way of coping with stress.
10. If things feel too much, ask for help. You do not have to manage it alone.

NEED HELP?

Talk to a trusted adult, your GP, school or college support team. Childline is available free on 0800 1111. If someone is in immediate danger, call 999 or go to A&E.

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