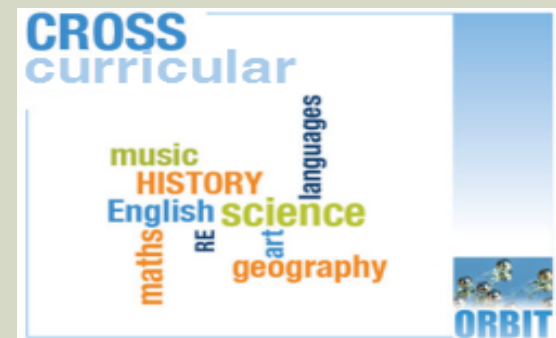
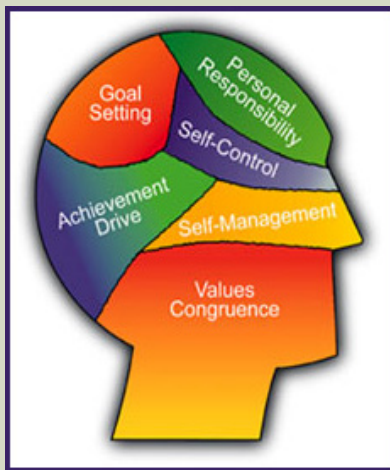
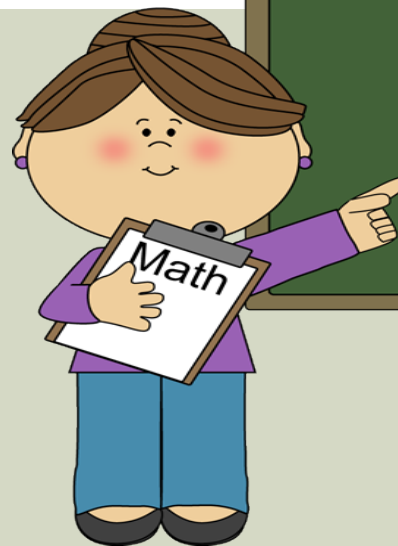
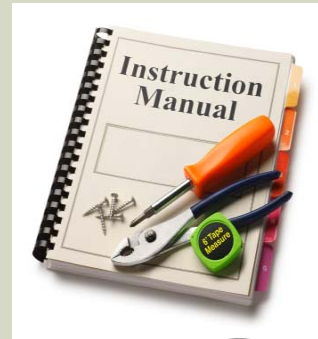


STRESS

DR. SOWMYA ANJUR & MARY MYERS

March 2, 2018

TOOL BOX



**WHAT IS IT?
WHAT CAUSES IT?
WHAT DOES IT LOOK LIKE?
WHAT CAN BE DONE?**



BUT FIRST.....



WHAT IS IT?

- “The non-specific response of the body to any demand whether it is caused by or results in pleasant or unpleasant conditions.”
Dr. Hans Selye
- Engineering - something that deforms the material
- Medicine – something that puts pressure on your biological or psychic system that makes you feel abnormal

...a threat to the body's equilibrium. It's a challenge to react, a call to adapt.

*Dr. John Ratey, MD
Harvard Medical School*

STRESS

Le stress

El stress

Il stress

Lo stress

Der
stress

STRESSORS





JOHNS HOPKINS
BLOOMBERG
SCHOOL OF PUBLIC HEALTH

THE TEEN YEARS EXPLAINED

A Guide to Healthy Adolescent Development



INSIDE THIS ISSUE

Teen Stress

Teens feel the pressure



“I think stress is a problem for teenagers like me... because when you get a certain age, you start worrying about certain things, like, when your puberty comes, your body starts to develop more, and then you get to worry about school, your families, and what most people think about you.”
Girl, 14

You may have caught yourself thinking, “Teen stress? Wait until they’re older—then they’ll know stress.”

Yet teen stress is an important health issue. The early teen years are marked by rapid changes—physical, cognitive, and emotional. Young people also face changing relationships with peers, new demands at school, family tensions, and safety issues in their communities. The ways in which teens cope with these stressors can have significant short- and long-term consequences on their physical and emotional health. Difficulties in handling stress can lead to mental health problems, such as depression and anxiety disorders.

What is stress? It is the body’s reaction to a challenge, which could be anything from outright physical danger to asking someone for a date or

THINGS THAT CAN CAUSE YOUTH STRESS

- School pressure and career decisions
- After-school or summer jobs
- Dating and friendships
- Pressure to wear certain types of clothing, jewelry, or hairstyles
- Pressure to experiment with drugs, alcohol, or sex
- Pressure to be a particular size or body shape. With girls, the focus is often weight. With boys, it is usually a certain muscular or athletic physique.
- Dealing with the physical and cognitive changes of puberty
- Family and peer conflicts

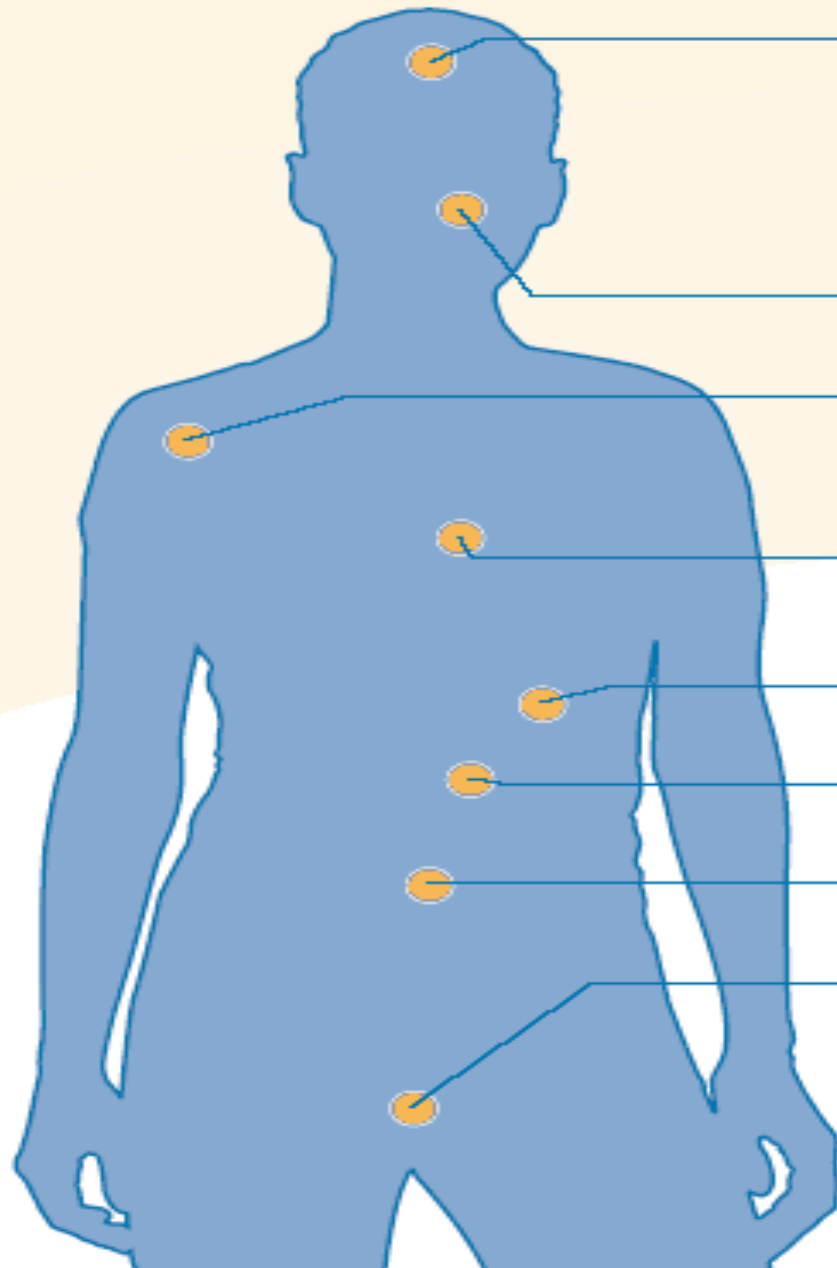
releases stored glucose to increase the body’s energy. This physical response to stress kicks in much more quickly in teens than in adults because the part of the brain that can calmly assess danger and call off the stress response, the prefrontal cortex, is not fully developed in adolescence.

The stress response prepares a person to react quickly and perform well under pressure. It can help teens be on their toes and ready to rise to a challenge.

The stress response can cause problems, however, when it overreacts or goes on for too long. Long-term stressful situations, like coping with a parent’s divorce or being bullied at school, can produce a lasting, low-level stress that can wear out the body’s reserves, weaken the immune system, and make an adolescent feel depleted or beleaguered.

STRESSORS

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- After-school or summer jobs
- Dating and friendships
- Pressure to wear certain types of clothing, jewelry, or hairstyles
- Pressure to experiment with drugs, alcohol, or sex
- Pressure to be a particular size or body shape. With girls, the focus is often weight. With boys, it is usually a certain muscular or athletic physique.
- Dealing with the physical and cognitive changes of puberty
- Family and peer conflicts
- Being bullied or exposed to violence or sexual harassment
- Crammed schedules, juggling school, sports, after-school activities, social life, and family obligations



BRAIN AND NERVES

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble concentrating, memory problems, trouble sleeping, mental health problems (such as panic attacks, anxiety disorders and depression)

SKIN

Acne and other skin problems

MUSCLES AND JOINTS

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

HEART

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

STOMACH

Nausea, stomach pain, heartburn, weight gain

PANCREAS

Increased risk of diabetes

INTESTINES

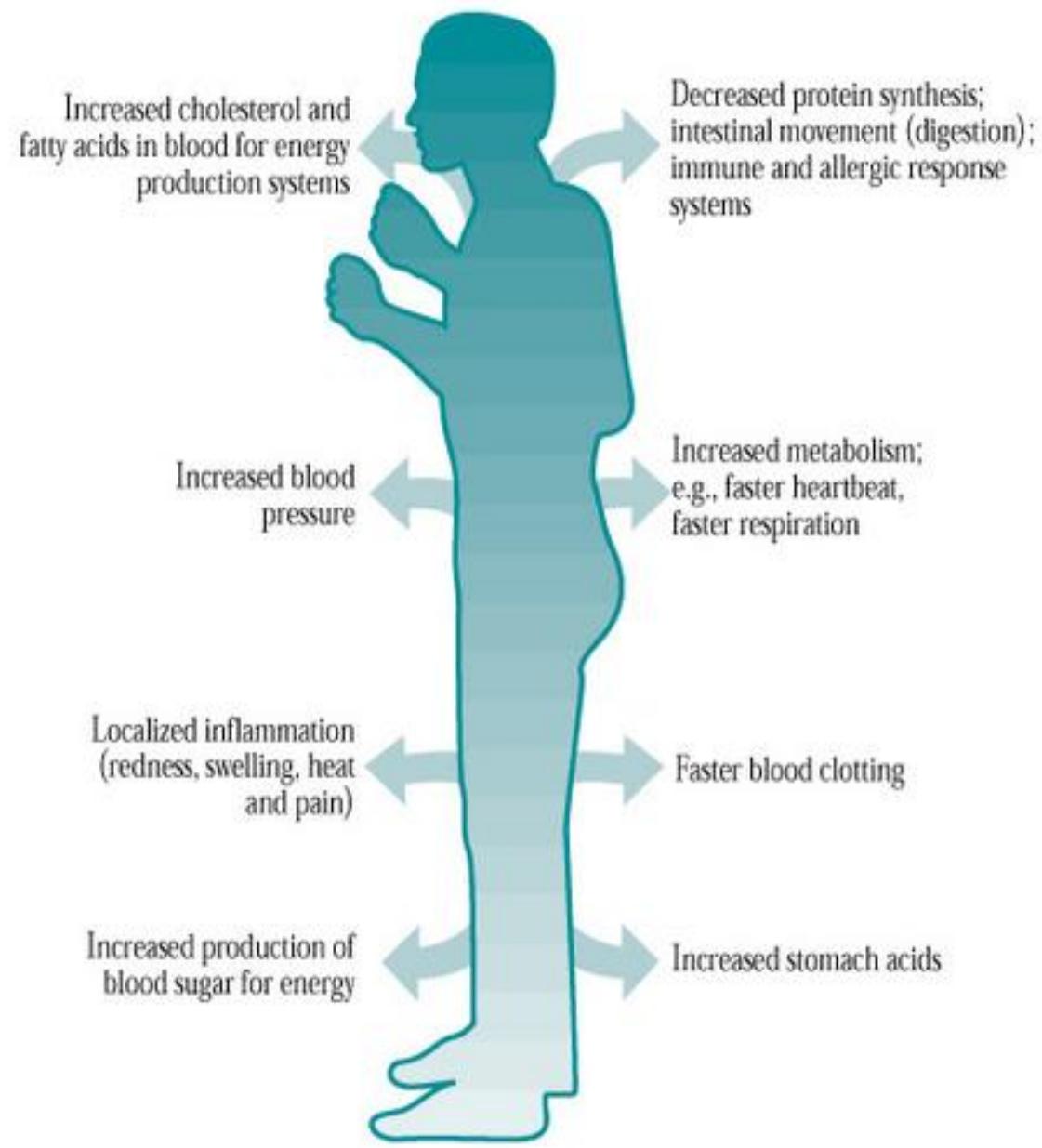
Diarrhea, constipation and other digestive problem

REPRODUCTIVE SYSTEM

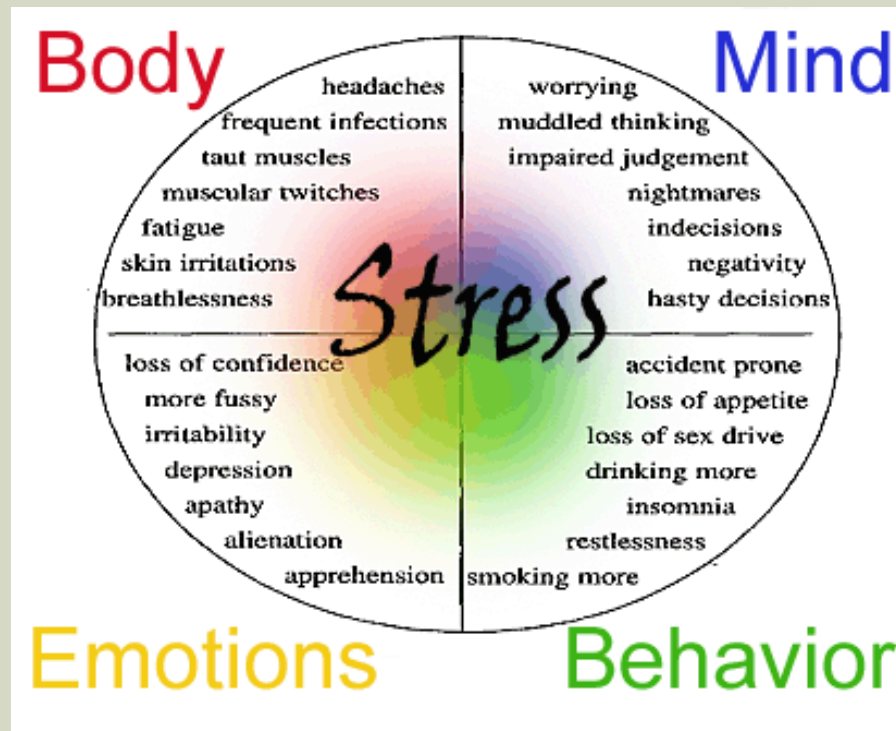
For women-irregular or more painful periods, reduced sexual desire. For men-impotence, lower sperm production, reduced sexual desire

IMMUNE SYSTEM

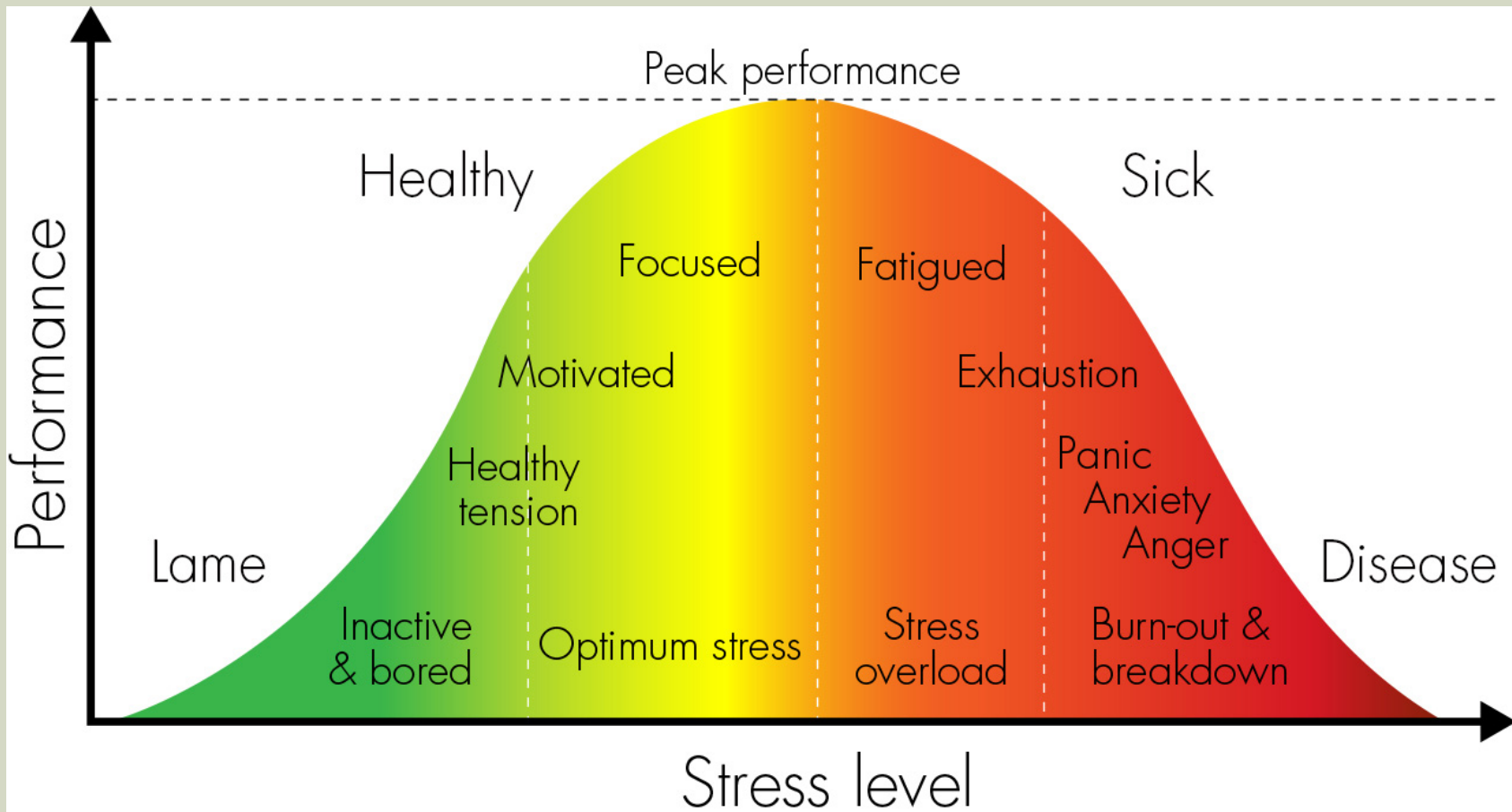
Lowered ability to fight or recover from illness



SIGNS & SYMPTOMS



YERKES-DODSON LAW



STRESS MANAGEMENT

dear stress,
lets break up.

♥ me

STRESSED

...Just
desserts
spelled
backwards





QUESTIONS



THANK YOU



ONLINE SOURCES

- American Institute of Stress

<https://www.stress.org/about/hans-selye-birth-of-stress/>

- Haleo

<http://haleo.co.uk/wordpress/whats-stress-got-to-do-with-it/>

- John Hopkins Bloomberg School of Public Health

https://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/_includes/_pre-redesign/Teen_Stress_Standalone.pdf

- John Ratey <http://johnratey.com>