

TeenTopics

Teens And Stress

(NAPSA)—The changes teens encounter during adolescence may create significant stress. Rather than share their feelings, many teens struggle on their own, often choosing unhealthy ways to cope.

Because stress affects a teen physically, mentally and emotionally, it is important to monitor a teen's behavior and intervene when appropriate. The experts at Eckerd Academy, who have more than 40 years of experience helping troubled teens, suggest watching for some warning signs:



Stress can have a profound impact on a teen's physiology.

- Headaches
- Nervousness
- Rashes
- Stomachaches
- Boredom
- Angry outbursts
- Nightmares
- Sadness or depression
- Fear
- Withdrawal
- Initiating confrontation.

Although one symptom may not be cause for concern, a pattern of these symptoms may indicate a problem. Teens who are preoccupied with problems may also become forgetful, careless and do poorly in school.

For more information, visit www.eckerdacademy.org.