

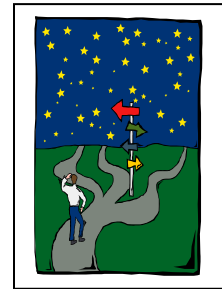
Understanding and Managing Stress

Everybody feels stress at times. If you are stressed you might experience:

- Headaches
- Stomach aches
- Skin rash
- Nervousness
- Agitation
- Short temper
- Moodiness
- Insomnia (difficulty sleeping)
- Sadness

Some common stressors for Adolescents are:

- peer pressure
- tension at home
- test taking
- divorce or separation
- moving
- death of a loved one



Learning to handle stress is an important life skill. The good news is that you can choose healthy ways to manage stress. One of the most important things to do is talk with someone you trust about what you are feeling.

Here are two websites that will help you understand stress, notice when you are feeling stress, and learn how to manage stress. You can access them on the school nurse's website under "About stress."

helpguide.org/mental/stress_signs.htm

bam.gov/sub_yourlife/yourlife_feelingfrazzled.html