

**“MOM, I’M SO STRESSED OUT!”:
Helping Teens Find Balance While Building Resilience**

Nancy Harrison, Psy.D.



I. Introduction

II. Stressors

III. Effects of Stress

IV. What's a Parent to Do: Practical Strategies

I. Introduction

- a. American Psychological Association Study
- b. The bad news.....
- c. The gender gap.....
- d. The good news.....

II. Stressors

- a. The # 1 stressor teens experience is.....

SCHOOL!



Additional stressors kids experience:

- a. peer-related
- b. family-related
- c. activity-related
- d. plus.....

III. The Effects of Stress on Teens

a. Emotional/Behavioral

b. Physical

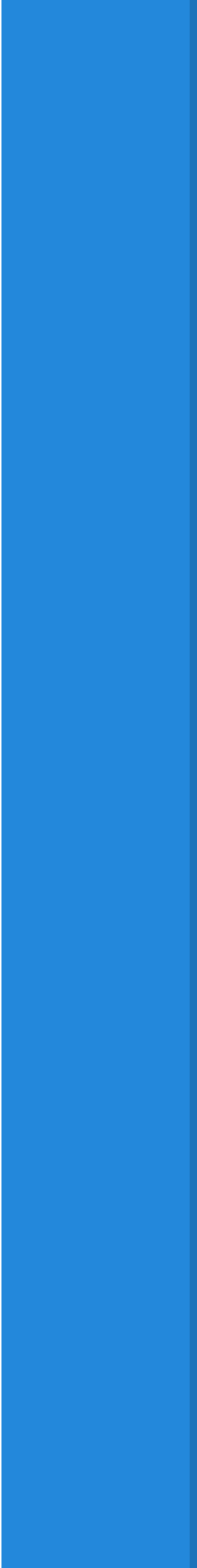
IV. What's a Parent To Do?

Some practical strategies:

- a. Be a good role model for stress-management



b. Be a safe haven



c. Support The Relaxation Response



d. Encourage more sleep



e. Facilitate healthier eating



f. Explore more forms of physical activity



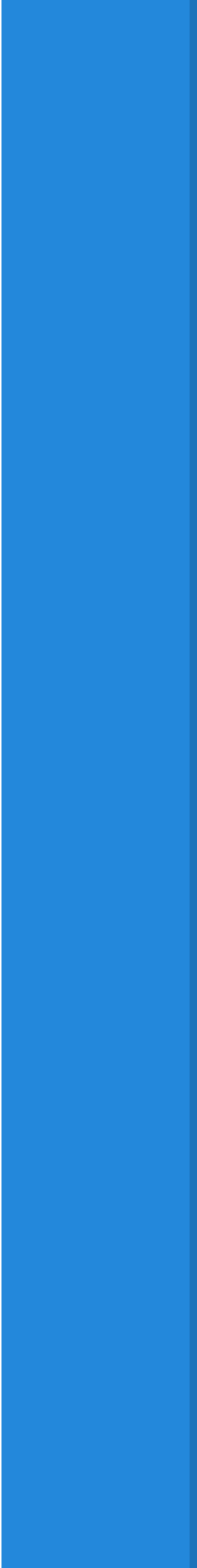
g. Brainstorm prioritizing/planning/preparation



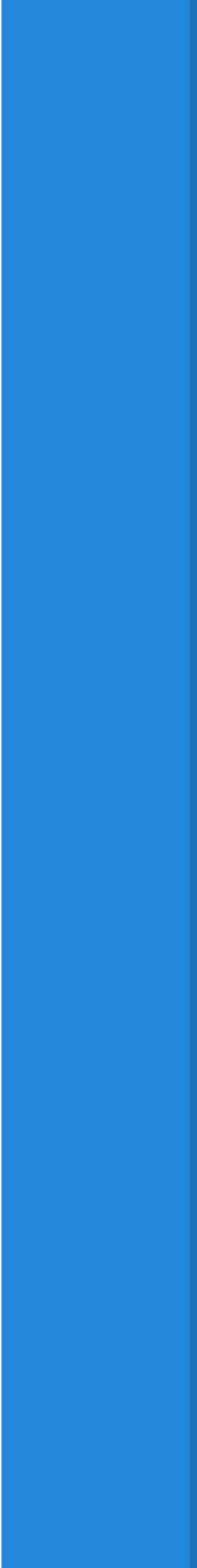
h. Convey the importance of fun in balance



i. Provide “big picture” opportunities



j. Access additional support as needed



**Nancy Harrison, Psy.D.
Harrison & Harrison Associates in
Psychological Services
115 Main Street
Flemington, NJ 08822
908-788-4048**