

STRESS & YOUTH

Stress in young people is more common than many realize, and it can feel especially intense because everything (school, identity, friendships, future plans) is happening all at once.

01.

STRESS CAN FEEL STRONGER, CONFUSING, & CONSTANT.

02.

BIG EMOTIONS DUE TO LACK OF EXPERIENCE MANAGING THEM.

03.

SCHOOL, SOCIAL LIFE, ONLINE PRESSURE.

04.

ACADEMIC PRESSURE & SOCIAL COMPAIRISON.

05.

FAMILY EXPECTATIONS & UNCERTAINTY ABOUT THE FUTURE.

06.

IRRITABILITY/MOOD SWINGS, LACK OF SLEEP, DECREASE MOTIVATION, WITHDRAWAL...

