

The Parenting Place

Stress Proof Your Teen's Life

6th Grade Student Survey Results (March 2020 Part 1)

6th Grade Results (More Stress)

- Academic
- Stress due to family problems
- Overscheduled
- Time Management
- Low Self-Esteem
- Peer Pressure

6th Grade Results (Less Stress)

- Social Media
- US/World Events
- Transition to Next Grade
- Financial Stress
- Romantic Stress
- Safety at School

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7th Grade Student Survey Results (March 2020 Part 1)

7th Grade Results (More Stress)

- Academic
- Stress due to family problems
- Overscheduled
- Time Management
- Peer Pressure
- US/World Events

7th Grade Results (Less Stress)

- Safety at School
- Social Media
- Low Self- Esteem
- Transition to Next Grade
- Financial Stress
- Romantic Stress

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8th Grade Student Survey Results (March 2020 Part 1)

8th Grade Results (More Stress)

- Academic
- Stress due to family problems
- Low Self-Esteem
- Time Management
- Peer Pressure
- Transition to Next Grade

8th Grade Results (Less Stress)

- Financial Stress
- Romantic Stress
- Safety at School
- US/World Events
- Safety at School
- Social Media

STRESS COPING SKILL

Interrupt those continual looping stressful thoughts.

Say to yourself... STOP. WAIT.

S (STRESS)

W (WHAT)

T (TIME)

A (AM)

O (OUT)

I (I)

P (PLEASE)

T (THINKING)

TO MOVE FROM STRESSED TO CALMER

ASK YOURSELF THESE QUESTIONS

1. Is this fact or my opinion and could I be wrong
2. Why am I so certain (right or wrong)
3. What is the worst that could happen (*how will I deal with that*)
4. What is the best that could happen (*how will I celebrate that*)
5. How is this stressful thinking helping me
6. What am I willing to think - DIFFERENTLY