



## Identifying and Managing Stress in Teens

The Project AWARE Ohio team has developed an information brief entitled *Stress in Teens: Strategies to Identify and Manage Stress*. This brief includes information about 1) stress in adolescence, 2) common symptoms of stress affecting teens, 3) building positive stress management habits, 4) reducing stress through mindfulness, 5) the role of empathy and compassion, and 6) additional online resources to assist with identifying and managing stress in teens.

Below are some excerpts from the information brief:

### Effective habits to manage stress:

- Sleeping at least 8 hours per night
- Physical activity (e.g., sports, exercise, walking)
- Positive relationships and friendships as a source of support
- Relaxation exercises
- Mindfulness

### Ineffective habits to manage stress:

- Spending time online (especially more than 3 hours per day)
- Watching TV (more than 2 hours per day)
- Taking naps (and not sleeping enough at night)
- Overeating or eating unhealthy foods (i.e., high-calorie, high-fat foods)

## Online Resources for Identifying and Managing Stress in Teens

- **Growing up Stressed or Growing up Mindful?** –TED Talk by Dr. Chris Willard: [https://www.youtube.com/watch?v=znIsoaM\\_ALQ](https://www.youtube.com/watch?v=znIsoaM_ALQ)
- **Mindful Teachers: Activities and Teaching Resources:** <http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>
- **Mindfulness books, websites, and apps:** <http://mindfulnessforteens.com/resources/>
- **Enhancing empathy through reading:**
  - <https://www.theguardian.com/teacher-network/2015/may/13/reading-teach-children-empathy>
  - <http://www.opencolleges.edu.au/informed/features/fiction-teaches-empathy-study-shows/>
- **Teaching Tolerance: Developing Empathy lesson plan:**
  - <https://www.tolerance.org/classroom-resources/tolerance-lessons/developing-empathy>
- **Video—Brené Brown on Empathy:** <https://www.youtube.com/watch?v=1Evwgu369Jw&feature=youtu.be>
- **Create a Personal Stress-Management Plan:** <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/For-Teens-Creating-Your-Personal-Stress-Management-Plan.aspx>
- **Generation Stress: From Surviving to Thriving**—TED Talk by Kristen Race: <https://www.youtube.com/watch?v=7jRND5IU3Qg>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: [emily.jordan@education.ohio.gov](mailto:emily.jordan@education.ohio.gov)

Cricket Meehan: [meehandc@miamioh.edu](mailto:meehandc@miamioh.edu)

Kathy Oberlin (Ohio Mental Health Network for School Success): [oberlink2@gmail.com](mailto:oberlink2@gmail.com)