



Stress, Anxiety, Depression in Middle School

APA Stress Survey: Teens in America

- ▶ Teens report MORE stress than their parents
 - ▶ 31% feel overwhelmed
 - ▶ 30% feel depressed or sad
 - ▶ 36% feel fatigue or tired
 - ▶ 35% lay awake at night
 - ▶ 51% say someone tells them they seem stressed at least once a month



What are they stressed about?

MOST COMMONLY REPORTED SOURCES OF STRESS FOR TEENS

1. **83%**
SCHOOL

2. **69%**
GETTING INTO A GOOD COLLEGE/
DECIDING WHAT TO DO AFTER
HIGH SCHOOL

3. **65%**
FINANCIAL CONCERNS FOR
THEIR FAMILY

Also:

- Friendships
- “Dating”
- Being bullied
- Identity
- Family
- Global Issues

Types of stress

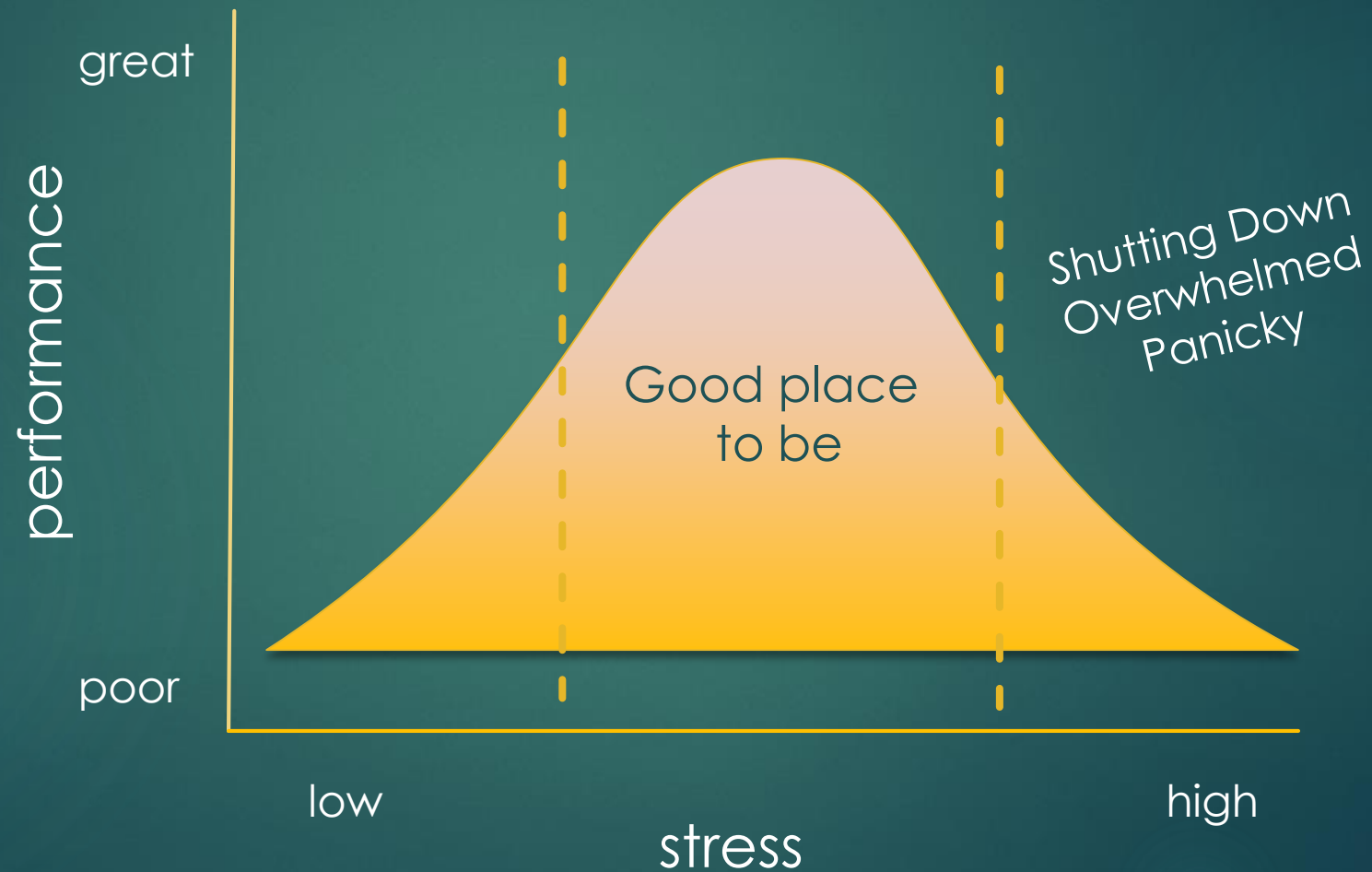
- ▶ **External** - Outside, real life events
- ▶ **Internal** - How we think



Adolescent Anxiety – how is it different from stress?

- ✓ Trouble falling asleep
- ✓ Excessively worried
- ✓ Exhausted or keyed up
- ✓ Trouble focusing
- ✓ Irritable
- ✓ Unable to relax
- ✓ Crying
- ✓ Avoiding
- ✓ Over-planning
- ✓ Excessive perfectionism
- ✓ Physical distress
- ✓ Panic attacks

Stress & Anxiety Are Not All Bad





Parents –

Be Aware of Your Own
Stress and Anxiety.

It impacts our kids A LOT!

Parental Stress/Anxiety Management

Breathe

Inhale slowly. Hold. Exhale.



KEEP
CALM
AND
DE-ESCALATE

Helping Our Kids

Listen!

Respect their Stress

Ask how to help

Avoid improvement topics

Encourage a “No grade sharing” rule

Laugh with them

Manage your own stress

Model your own healthy skills

Get them help if they need it

Make sure they know:
It is OK for things to go wrong.
You will still be you,
and I will still love you no matter what.

“SPECT”

- ▶ Sleep
- ▶ Proteins, healthy eating
- ▶ Exercise/Play Outdoors
- ▶ Calendar
- ▶ Team approach



The Role of Screens & Social Media



Correlated with Stress, Anxiety & Depression
Overwhelming
Supportive *and* destructive
Time away from healthier endeavors
Way to stay connected

Completely unavoidable

Helping them with Screens and Social Media

Monitor, but not secretly.

<https://www.spyzie.com/parental-controls>

Adopt **genuine curiosity** stance, avoid attacking.

Respectfully teach rules and red flags

No screens at least an hour before sleep

No screens in rooms


Be Warm but Firm if you see sexually explicit or dangerous terms

Depression – How is it different from stress and anxiety?

- ✓ Sadness, crying spells
- ✓ Frustration, anger, irritability
- ✓ Feeling hopeless or empty
- ✓ Loss of interest or pleasure in usual activities
- ✓ Loss of interest in, or conflict with, family and friends
- ✓ Sleep problems
- ✓ Appetite changes
- ✓ Fixation on failures
- ✓ Self critical
- ✓ Hygiene & appearance changes
- ✓ Need for excessive reassurance
- ✓ Trouble thinking, concentrating, making decisions and remembering things
- ✓ Sense of hopelessness
- ✓ Thoughts of death, dying or suicide



If nothing else,
take time to
laugh with your
kids.



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www.sugarbendcenter.com