STRESS AND TIME MANAGEMENT FOR TEENS

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BRAIN STUDIES

- Infant/Stranger Studies

- Mom’s face and eyes

- Not available online
STRESS DEFINED

- Brain Chemical Response when situations are perceived as:
  - Difficult, Dangerous or Painful

- Situations can be Physical, Academic, Social, Emotional

- Demands are perceived to exceed existing resources
STRESS IN AMERICA-APA STUDY

- 13-23
  - Highest stress  First time ever
    - 27% Extreme stress  8-10
    - 55% Moderate stress  5-7
Emotional cost

Negative emotions
  - Anxiety
  - Depression
  - Frustration
  - Anger

Shift in age for suicidal behaviors
GIRLS VS BOYS

Stress in Girls vs. Boys

More teen girls than boys report symptoms of stress and are more likely to say stress impacts their happiness a great deal.

- **Their appearance is a significant source of stress**
  - 68% girls vs. 55% boys

- **Report feeling irritable or angry in the past month**
  - 45% girls vs. 36% boys

- **Feel bad when comparing themselves to others on social media**
  - 30% girls vs. 13% boys

- **How others perceive them on social media is a significant source of stress**
  - 39% girls vs. 29% boys

- **Say they feel pressure to be a certain way**
  - 34% girls vs. 22% boys
STRESS RESPONSE

- Release of chemicals, including:
  - Norepinephrine
  - Cortisol B
  - Adrenaline
  - Glucocorticoids
Fight or Flight; Freeze; Tend and Befriend

- Heart Rate Increases
- Blood Pressure Increases
- Rate of Respiration Increases
- Hyper-vigilance
- GI Activity – lump in throat, knot in stomach
STRESS RESPONSE

- Prefrontal cortex
  - GATA1 transcription factor
  - Synaptic connections

Glucocorticoids
  - Hippocampus receptors
  - Diminished volume
Brain Jam – Perseverating Thoughts

Impact on:
- Sleep
- Appetite
- Mood
- Behaviors
- Relationships
NEGATIVE RESPONSES TO STRESS

- Flee the Scene
- Break Down and Cry
- Snarky Effect
- “Catastrophize”
- Negative Self-Talk
OUTSIDE FORCES

- Academic
  - Classes
  - Homework
  - Papers
  - Grades
  - Competition
OUTSIDE FORCES, CONTINUED

- Family
  - Parents
  - Expectations
  - Conflicts
  - Siblings
  - Changes
OUTSIDE FORCES, CONTINUED

- Peers
  - BFFs
  - Romantic Relationships
- Teams
- Events
- Social Media
IMPACT OF SOCIAL MEDIA

- To sleep, perchance to learn

- 13-17 year old students
  - 50% report 30 plus hours per week video gaming
  - 73% of teens have smartphones, and post every day

Impact on sleep

Prolonged sleep onset, reduced slow wave sleep, more stage 2

Texting related to increased likelihood that a teen will sleep next to his or her phone

Source: Pew Research Center’s Internet & American Life Project, Teens and Mobile Phones Survey, conducted from June 26 – September 24th, 2010. n=625 teen cell phone owners ages 12-17 and the margin of error is +/- 5%. For smaller subgroups, the margin of error may be larger. Please see the Methodology section for details.
IPAD VS PRINTED PAGE  SLEEP STUDY

- Brigham and Women’s Hospital, National Academy of Sciences

- iPads, Tablets, Laptops, iPhone
  - iPads - Longer to fall asleep
    - Felt less sleepy at night
    - More tired during daytime
    - Lower Melatonin release
    - Shorter REM cycles
OUTSIDE FORCES, CONTINUED

- Environment
  - Dorms
  - Roommates
  - Home
  - Neighborhood
INNER FORCES

- Teen Brain
- 2 – 4 x emotional intensity
- Self-Reflective:
  - AA Sites 5 – 1
INNER FORCES, CONTINUED

- Negative Thoughts and Feelings

- Body Changes

- The Perfection Standard
The Perfection Standard

- An A+ is not good enough
- I have redone this 5 times
- Better than everyone

NOT GOOD ENOUGH
RELAXATION RESPONSE

- “It’s All Good”

- Critical for Health and Success
SLEEP, EAT AND SUCCEED

- Sleep
  - Nap Time
  - 8 ½ - 10 ½ hours
  - Catch Up
  - No Electronics
EAT TO SUCCEED

- Food
  - Protein
  - Iron
  - Omega-3s
  - Control Caffeine
YOU’VE GOT SKILLS

- Mindfulness Meditation
  - Mindfulness Based Stress Reduction for Teens

- MRI Studies

SPECT Images at Baseline and During Meditation
SKILLS, CONTINUED

- Focus on Breathing
  - Present Moment
  - Counting
  - Feel Inhale and Exhale
  - Stray Thoughts Noted and Released
SKILLS, CONTINUED

- **Grounding**
  - Sensory Inputs
  - Visualize Your Favorite Place
  - Stray Thoughts Noted and Release

- **Progressive Muscle Relaxation**
  - Start at Your Toes
  - Work Up to Your Forehead
  - Stray Thoughts Noted and Released
COMPONENTS OF TRUST

1. Reliability

2. Predictability

3. Faith
MANAGING TIME

- How to Say “No”
  The most important pronoun

- How to Get Started
  Get started

- Procrastination

- Break It Down, Divide It Up

PROcrastination
IS THE THIEF
OF TIME
MANAGING TIME, CONTINUED

- Use a Timer

- Give Yourself a Reward/Break
  - Fresh air and exercise a bonus

- Come Back to the Hard Stuff

- Turn Off Electronics
  - 3 into 5
RESOURCES

- Stressed Teens Training Institute
  - http://www.stressedteens.com/

- MBSR-T
  - Mindfulness Based Stress Reduction
  - for Teens

- Focus Adolescent Services
  - www.focusas.com/Stress.html

- Science Nation – Teens and Stress
  - YouTube