

STRESS AND TIME MANAGEMENT FOR TEENS

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BRAIN STUDIES



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



BRAIN STUDIES



STRESS IN AMERICA-APA STUDY

■ 13-23

- Highest stress First time ever

27% Extreme stress 8-10

55% Moderate stress 5-7

STRESS IN AMERICA

- Emotional cost
 - Negative emotions
 - Anxiety
 - Depression
 - Frustration
 - Anger
 - Shift in age for suicidal behaviors

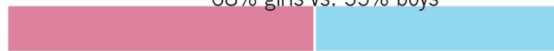
GIRLS VS BOYS

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



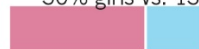
Report feeling irritable or angry in the past month

45% girls vs. 36% boys



Feel bad when comparing themselves to others on social media

30% girls vs. 13% boys



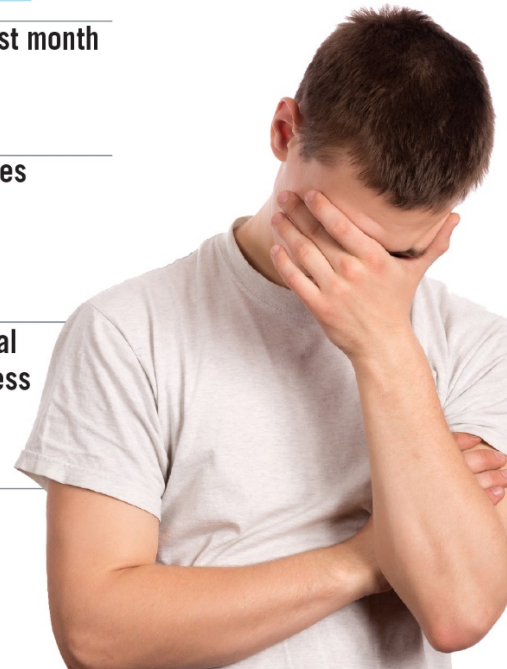
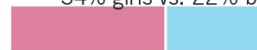
How others perceive them on social media is a significant source of stress

39% girls vs. 29% boys



Say they feel pressure to be a certain way

34% girls vs. 22% boys



STRESS RESPONSE

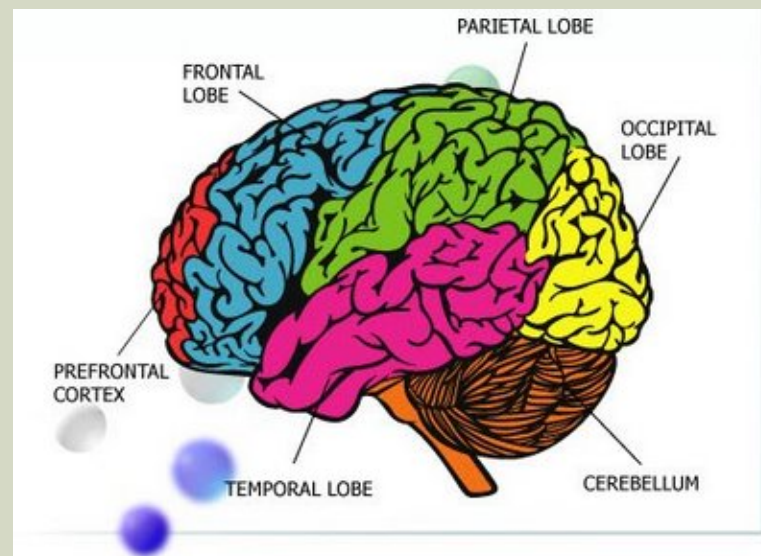
- Release of chemicals, including:

- Norepinephrine

- Cortisol B

- Adrenaline

- Glucocorticoids



STRESS RESPONSE, CONTINUED

- 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

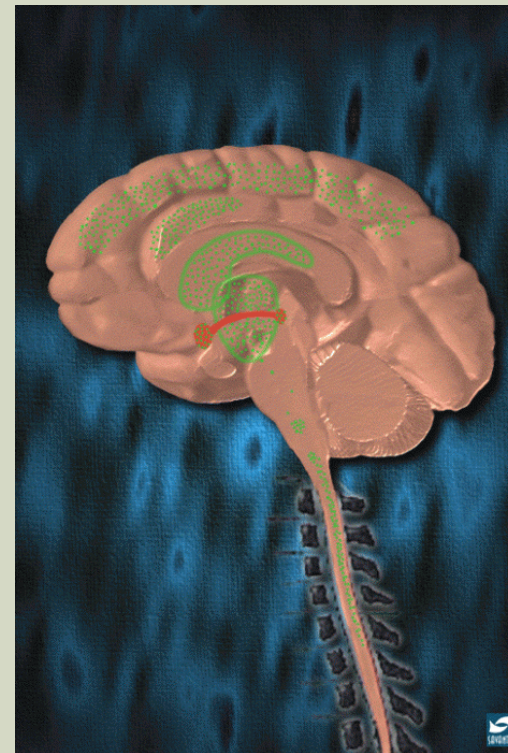


STRESS RESPONSE

- Prefrontal cortex
 - GATA1 transcription factor
 - Synaptic connections

Glucocorticoids

Hippocampus receptors
Diminished volume

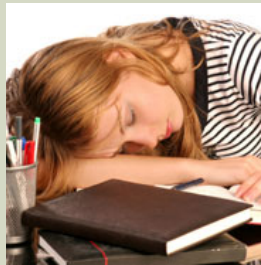


STRESS RESPONSE, CONTINUED

- 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



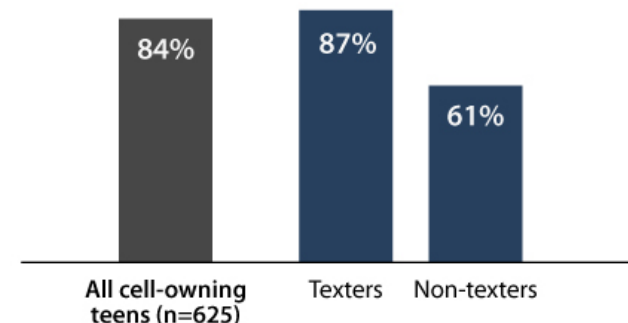
IMPACT OF SOCIAL MEDIA

- To sleep, perchance to learn
- 13-17 year old students
 - 50% report 30 plus hours per week v
 - 73% of teens have smartphones, and

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, 2009. 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, iPhones

iPads-Longer to fall asleep
Felt less sleepy at night
More tired during daytime
Lower Melatonin release
Shorter REM cycles



OUTSIDE FORCES, CONTINUED

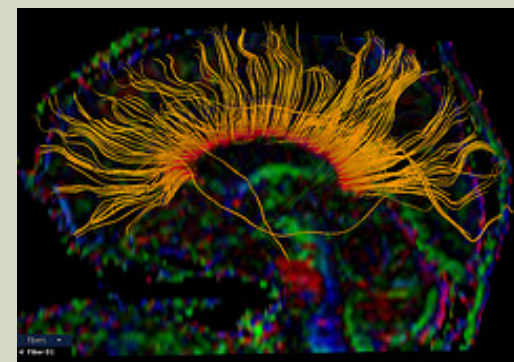
■ Environment

- 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

NOT GOOD ENOUGH

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



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

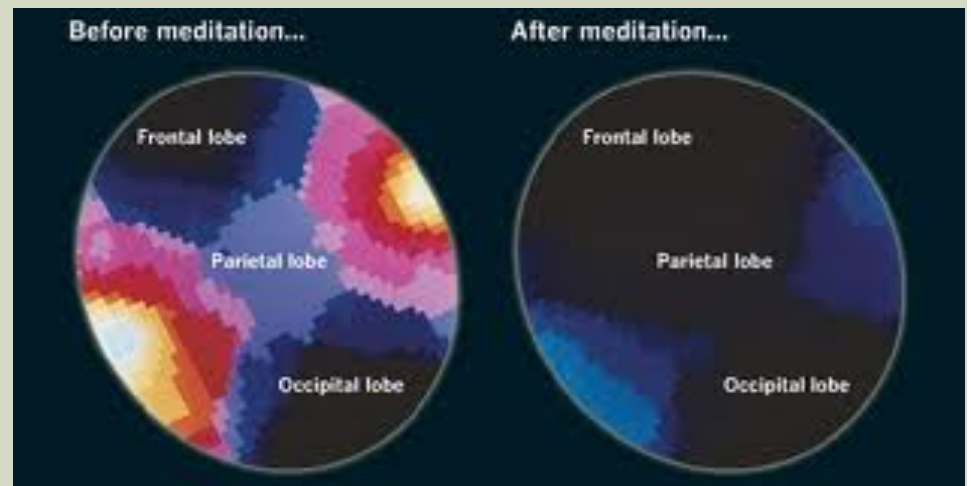
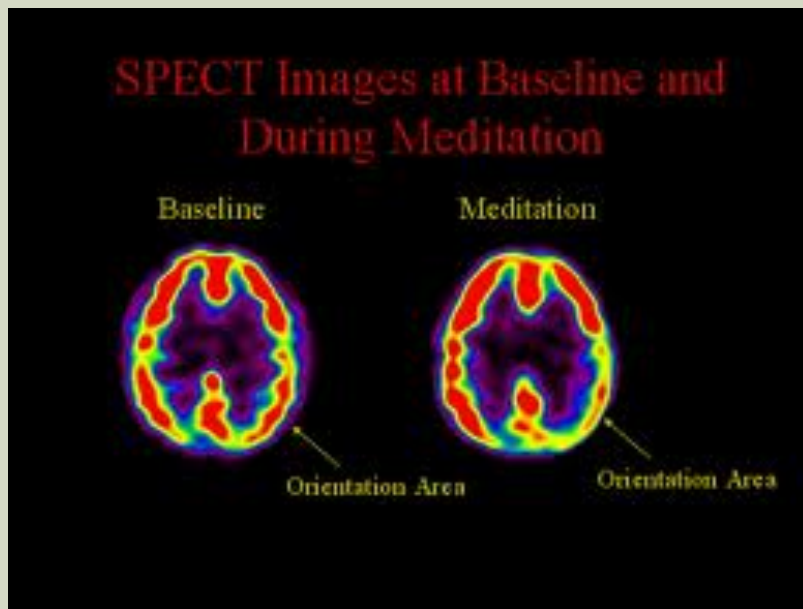
■ Food

- Protein
- Iron
- Omega-3s
- Control Caffeine



YOU'VE GOT SKILLS

- Mindfulness Meditation
 - Mindfulness Based Stress Reduction for Teens
- MRI Studies



SKILLS, CONTINUED

- Focus on Breathing

- Present Moment
- Counting
- Feel Inhale and Exhale
- Stray Thoughts Noted and Released



SKILLS, CONTINUED

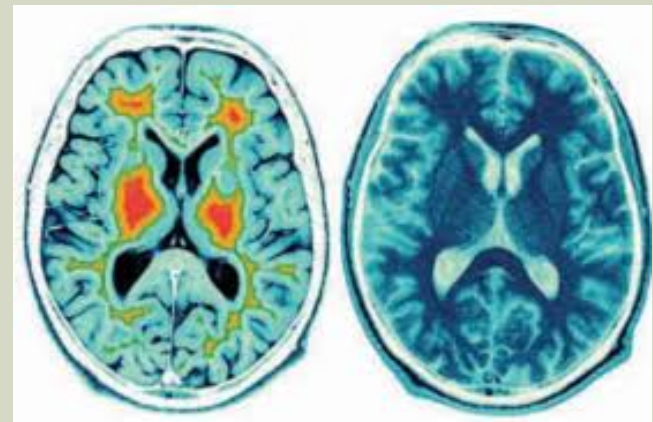
■ Grounding

- 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”

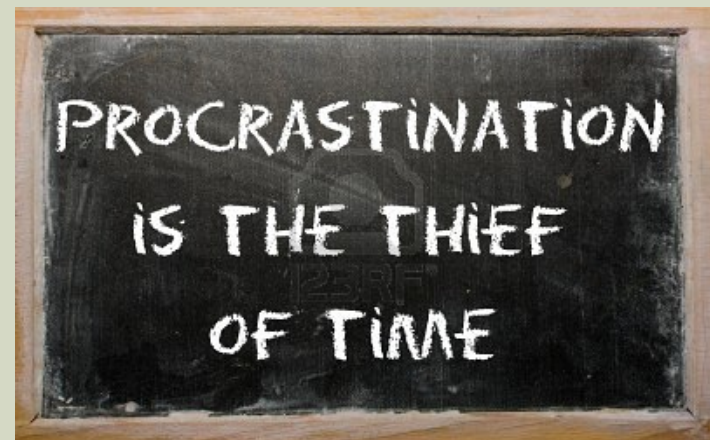
The most important pronoun

- How to Get Started

- Get started

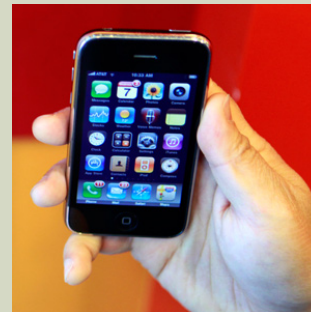
- Procrastination

- Break It Down, Divide It Up



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

