

Stress, Teens & School

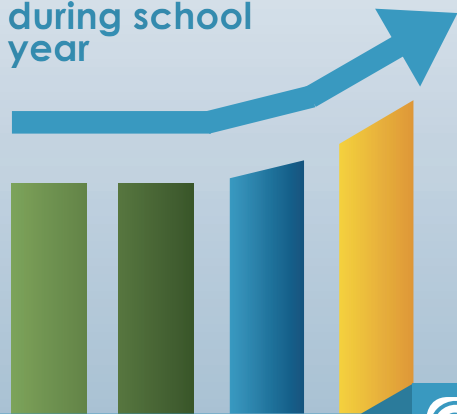
Reports of Teen Stress Levels During School Year



Teen Stress Level =
5.8/10
During School Year.

Healthy Level =
3.9/10

34% of teens predict stress to increase during school year



CAUSES OF STRESS IN TEENS

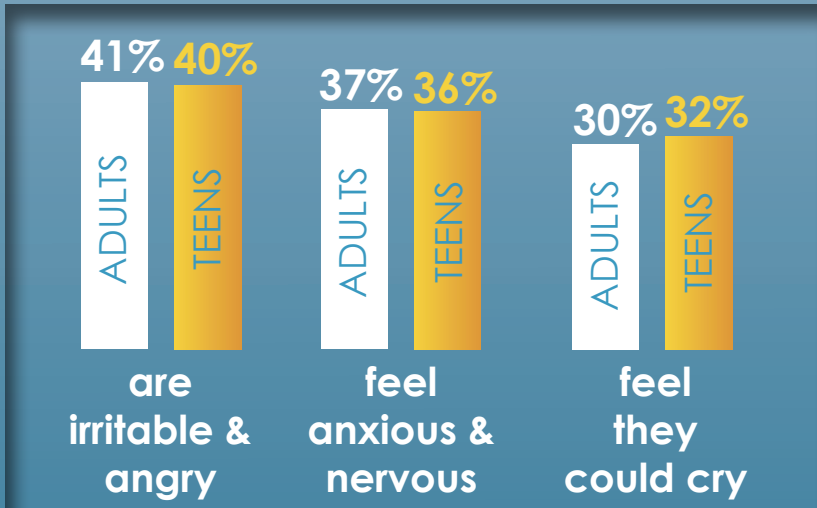
Schoolwork
grades & GPA
test anxiety

Social Issues
peer pressure
bullying
making friends

Appearance
bodyweight
acne
fashion

Family
finances
divorce

EFFECTS & SYMPTOMS OF STRESS



32% experience headaches



26% report changes in sleep



26% overeat or eat unhealthy foods



WWW.KBHMAINE.ORG
KENNEBEC.BEHAVIORAL.HEALTH

*Statistics from American Psychological Association: <http://www.apa.org/news/press/releases/2014/02/teen-stress.aspx>