



When Your Teen is Stressed



Teens have a lot going on in their lives — school, jobs, friendships, fitting in, dating, thinking about their future and a whole lot more. So it's not unusual for them to feel stressed out from time to time. Learning and gathering the right set of skills can help your teen navigate the many challenges that are a natural part of growing up.

The following sections present language you can use with your teen to explore skills that can be helpful when he or she is struggling with stress.

What to Say to Teens

Everyone feels stressed sometimes. Stress can be a cue that you have too much on your plate or that you are having difficulty managing your responsibilities.

First, identify the source of your stress. For example, are you having trouble managing your time? Do you need to prioritize differently? Do you need to strengthen your organizational skills? It can be helpful to identify tasks that are “must do’s” and tasks that are “want to do’s.”

[continued >](#)

It also might be helpful to create a daily and/or weekly schedule to identify when tasks need to be completed and to stay organized. Make sure you give yourself enough time to complete each task as well as transition between them. For example, if school ends at 3:30 p.m., it would be unrealistic for you to try to start your homework at 3:30 p.m. A more realistic plan would be to start your homework at 4 or 4:30 p.m. so you have enough time to get home and grab a snack before starting.

It's also a good idea to dedicate some time to keeping your materials and space organized. Having good organizational skills can save you time and prevent or reduce stress in the long run.

Evaluate what is on your schedule. Which activities are most important and align with your long-term goals? Are there unnecessary or insignificant activities or responsibilities you can eliminate to make time for others that are more beneficial?

Finally, it may be useful to ask for help from trusted adults or peers when you are feeling overwhelmed. Make sure you schedule leisure time for yourself as well! It is important to engage in daily activities that are relaxing, such as reading, yoga or watching your favorite YouTuber.

Skills:

- Identify the source of your stress.
- Evaluate your schedule and make a realistic plan.
- Ask for help with organization when you're feeling overwhelmed.
- Make sure you schedule leisure/fun time for yourself.



With the right skills, a clear understanding of how to appropriately address stress and your encouragement, your teen can develop a plan for preventing problems and effectively resolving them when they do occur.

➡ **For more information** or to make an appointment at the Boys Town Center for Behavioral Health, call **531-355-3358**.

Visit **Parenting.org** for more information from the parenting experts at Boys Town.