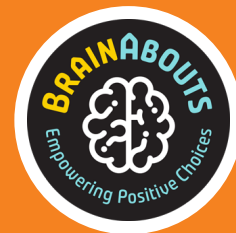


# Coping with Stress Facts & Stats



## What Stresses Youth Today

	Percentage	Source
1	83%	Getting into Good College
2	73%	School Shootings
3	62%	Political Climate
4	46%	The Economy
5	35%	Not Getting Along with Others
6	21%	Drug Use/Addiction in Their Family

American Psychological Association for the Stress in America Survey. (2018).

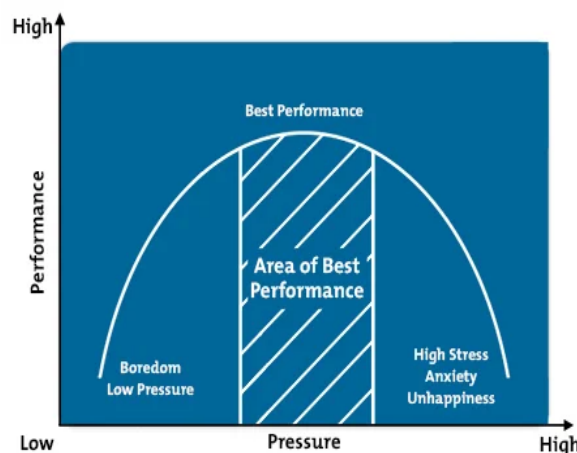
Stress activates the flight or fight response, increases heart rate, slows down digestion, and reduces activity in the frontal lobes reducing our ability to think clearly. It also increases cortisol which dampens the effect of dopamine leading to cravings.



## Stress & Performance

Stress and performance have an important relationship. Not all stress is bad for us! We need a certain amount of stress to perform at optimal levels, but too much stress can reduce our productivity. This is called the Inverted-U Theory as shown in the graph below.

Without enough pressure, we may lack the motivation to get busy. With too much stress, we may struggle under the pressure. The right combination of pressure can lead to a highly productive, enjoyable state known as 'flow'. What is the optimal level that results in flow for you?



## Top Stress Management Skills

- 1 Talking about the problem or stressors with someone who is not emotionally invested
- 2 Exercising
- 3 Eating healthy foods
- 4 Healthy sleeping habits
- 5 Deep breathing techniques
- 6 Writing about fears and making a list of stressors
- 7 Meditation and mindfulness activities

# 31%

of teens feel overwhelmed, depressed, and sad about their stress levels.

# 23%

of teens reported skipping a meal due to stress.

For more information and resources on this topic, please visit [BrainAbouts.org](https://www.brainabouts.org)

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