

STRESS: **When is it a problem?**

- Fidgeting
- Picking (skin)
- Nail biting
- Stomach ache
- Hair pulling
- Panic (attacks)



**“My stomach turns every time
I think about going into the
cafeteria...all those people?”**

~6th grade girl with Social Anxiety D/O

STRESS: **When is it a problem?**

- Obsessions
- Counting
- Hand washing
- Lock checking
- Constant reassurance
- Perfectionism



Anxiety Causes

- Genetic
- Over involvement
- Chronic Stress —> Fight Flight
- Unrealistic/ Unshared Expectations
- Media
- Future/career
- Decreased Self Efficacy

Anxiety

- What is **known**? likely?
- **Prioritize** - most important now?
- What specific **next action**?

**What does
anxiety
sound like?**



**“I just keep hearing the
sound of the bullets. What if
someone like that comes
here?”**

~3rd grade boy with secondary stress/trauma from
Incessant media viewing of Mandalay Bay Massacre

“I just keep picturing my mom and dad (who I love and know love me) killing me and **roasting me over a spit”**

~6th grade boy with intrusive thoughts - beginning signs of OCD

“If you only knew how much pressure is on me to get into a good college. I know it means *everything to my future...but at this rate I may not be around in the future...*”

~11th grade girl (17yrs) - suicidal thoughts after discovering she only made a 30 on the ACT

**“I only made a 35 on the ACT.
My whole life I’ve dreamed of
going to MIT. And now I don’t
know. I feel hopeless.”**

~Senior Boy (17yrs)

“My parents think I don’t care. But I do care. I’m just scared ... I have no idea what I want to do for the rest of my life. I don’t know how I’m going to pass my exams.”

~Junior Boy (17 yrs) brought in to counseling b/c he was cutting

“I’ll get really hot, and my chest tightens. I know if I could just get to the bathroom and cut i’ll calm down and feel better.”

~5th grade girl with GAD

A grayscale background image showing a person wearing a hoodie, sitting on a pile of rubble or debris. The person's head is bowed, and their hands are near their face, suggesting a state of despair or grief. The scene is dimly lit, with a bright light source from the left creating a strong contrast and highlighting the textures of the rubble and the person's clothing.

Depression

DEPRESSION

- **Serious** Mental Health Problem
- **Persistent** feelings of sadness, worthlessness, hopelessness
- Not the same as but could be a part of **Bi Polar Disorder**

DEPRESSION

in Today's Teenagers

- **Irritability** is very common symptom
- **Withdrawal** and loss of interest
- Is commonly the result of an unrecognized/undiagnosed **anxiety** disorder

BiPolar Disorder

- **Severe** changes in mood, **energy**, activity levels and types of activity.
- **Mania** is not always “happy” or “elevated” mood.
- **Mania** in older teens can be irritable, sleepless, risk taking and destructive behaviors
- Does not present like normal adolescent “moodiness”

**“Maybe they’ll realize how
much it hurts after I’m gone.”**

**~Sophomore boy (16yrs) referring to peers
bullying him**

“If I knew that I could go to sleep tonight and not wake up tomorrow, that would give me hope.”

~Senior Girl (18yrs)

**“If you only knew how dark it is in
‘here’. I can’t remember the last
time I could see any light...that I
felt happy.”**

~8th grade girl (13yrs)

**“Seriously, Mr. P...What’s the F’n
point. You really think God
cares? No one else does...”**

~Junior Boy (16yrs)

**“Mr. P...can you honestly tell me
that as you look out at this world
today, that it doesn't scare the
f&^% out of you. Why would I want
to hang around for that?”**

~Senior Boy (17yrs) told parents he wish he were dead

What does the
Adult's brain
sound like?

**“I don’t know how he could
be depressed. We’ve given
him everything.”**

~Parent of Suicidal Teen

“I know I should ask for help... I really don't know why I don't reach out. I guess I'm afraid I'll look like a bad parent. Crazy huh?”

~Parent of Junior boy

“I just feel like it’s my obligation to give my son the experiences I wish I’d had when I was his age. It doesn’t seem like he wants ‘em though...”

~Dad of Sophomore boy - complaining that his son was spoiled and entitled

“I’m scared that if I push him to act in spite of his anxiety he’ll hurt himself..But **if I let up, he’ll never face his fears...”**

~Parent of Junior boy

“If I don’t make her participate in these activities, she won’t have a shot at getting into a good college....which means everything for her future.”

~Parent (47yrs) of teen who had a suicide plan

“But she asks me to do all these things. I’m not forcing them on her. I’d be delighted if she brought home a B...”

~Parent of Sophomore girl who began having panic attacks in Geometry

**“I see everyone else’s teens have
it together. Sometimes
I feel like we’re the only
dysfunctional family in town.”**

~Parent of Junior boy using Marijuana to medicate his stress and
anxiety

**“It seems like my kid is doing OK.
Am I missing something?”**

~Parent of a Junior Girl