

STRESS



Stress is a complicated and dynamic physical and emotional response a person may have as they interact with their circumstances. It is a subjective experience - what feels stressful on one day may feel easy the next, and what is stressful to one person might not be to another.

Furthermore, some amount of stress can be useful and increase productivity, where too much stress can be debilitating. Because of all these factors, identifying, measuring and treating stress can be challenging, but it is important to know that it is possible and necessary to learn how to manage stress.

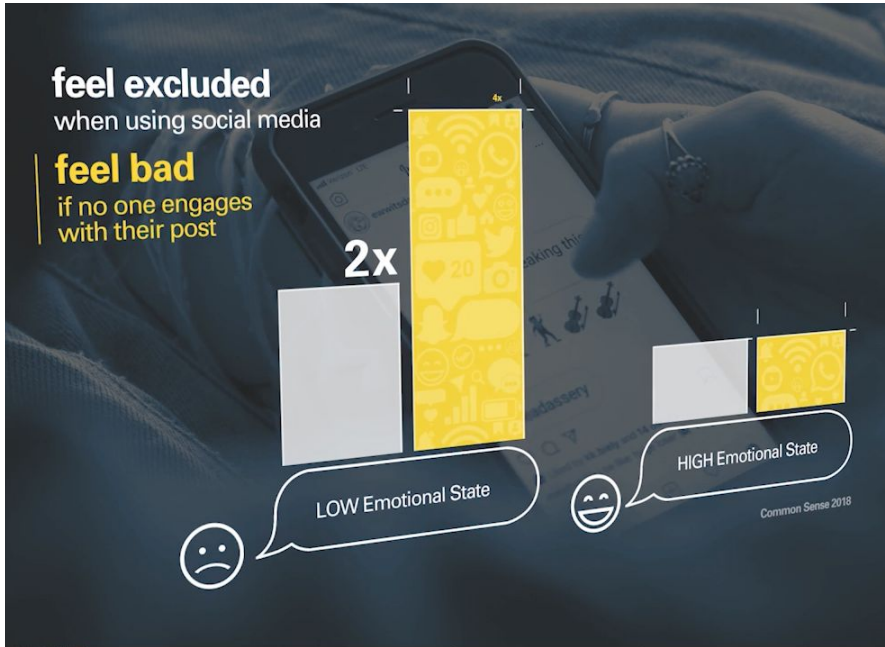
STRESS



“We know that adolescents experience greater stress... they give us higher ratings of stress when they’re asked, and also when we measure their level of cortisol, which is a stress hormone, they have higher levels of cortisol as compared to adults.”

ADRIANA GALVAN, PHD
Adolescent Brain Researcher UCLA

STRESS



Some stress can be related to using social media:

“It’s stressful to post something.”

“Like what time is the right time to post it.”

“If you post something, someone comments something mean or rude on it.”

“Oh, I’m not as skinny as her, I can’t afford to go on that trip. I see people doing fun things and then my anxiety just kind of takes over.”

SUGGESTED INTERVENTIONS:

Consistent sleep
Building Social and Emotional skills
Communication skills.

ANXIETY

Anxiety is an emotion characterized by tension and worried thoughts, and accompanied by physical responses like increased heart rate, sweating or upset stomach. Anxiety disorders happen when those thoughts and responses are recurrent and disrupt daily life.

“Anxiety involves a problem with fear. Feeling afraid about something that’s right in front of you or worrying about that thing that might happen. If my anxiety interferes with my ability to do things, we call that avoidance. That’s the easiest way to recognize that your anxiety has become a clinical problem.”

DANIEL PINE, MD Chief Research Psychiatrist
National Institute of Mental Health

SUGGESTED INTERVENTIONS:

- Consistent Sleep
- Exposure Therapy
- Mindfulness
- Medication at Times

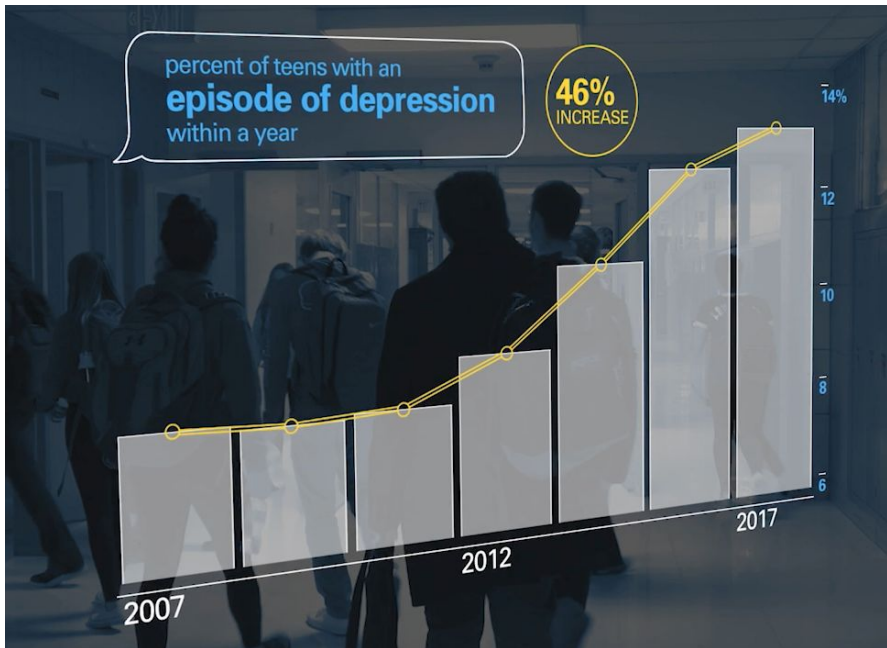
3ex's
OF WORRY

expect «««

externalize

experiment

DEPRESSION



Depression is persistent and severe feelings of sadness, apathy, and other negative feelings that influence the way a person normally acts. Depression is a serious medical issue, but one that is treatable.

“It’s concerning to learn that since 2012, there’s been nearly a 50 percent increase in teens reporting depressive symptoms.”

DELANEY RUSTON, MD

DEPRESSION



Use of social media and depression seem to be correlated, meaning they are often present together but it's unclear whether one is causing the other. However, young people who are depressed are at greater risk for some of the known negative side effects of social media.

“There’s a difference between depression and feeling sad, you know, it’s when you’re feeling sad or irritable most of the day, every day - you’re having difficulty sleeping, you’re having a hard time concentrating. It’s a compilation of all of those things”

ELIZABETH MAZZA, PHD
Psychologist

DEPRESSION



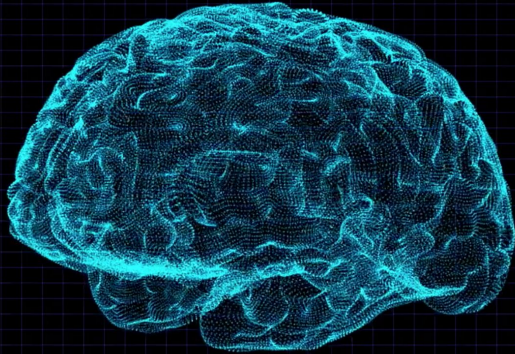
“There is a blunting of the response to positive stimuli in depression, so people who have depression, their brains do not respond as vigorously to positive things.”

DANIEL PINE, MD
Chief Research Psychiatrist
National Institute of Mental Health

SUGGESTED INTERVENTIONS:

- Therapy
- Behavioral Activation
- Connection
- Family Relationships
- Medication at times

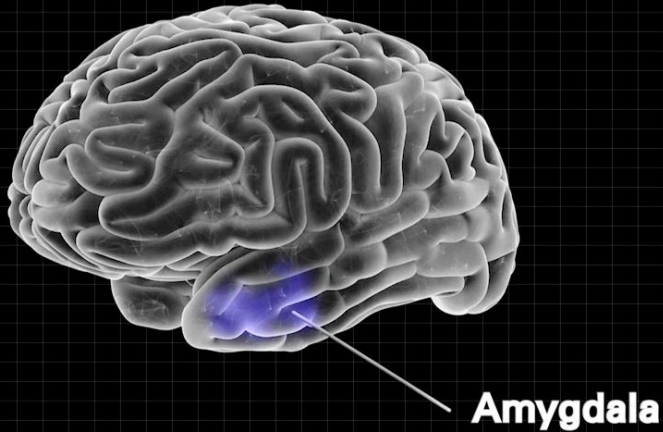
BRAIN DEVELOPMENT



“Unlike in the first dozen years of life, when the brain is accumulating more and more connections, once we get to the teen years, the brain begins to cut away the connections that it established earlier on. And that’s called pruning. The pruning is followed by increased linkages among those neurons that have remained. The brain is remodeling itself and it’s a kind of ‘use it or lose it’ principle.”

DAN SIEGEL, MD
Psychology Professor, UCLA

BRAIN DEVELOPMENT



“During adolescence, something really interesting happens with the brain in response to the same emotional stimulus. The teenage brain is on high alert and so this translates into behavior that may be more emotionally reactive. . .”

“The amygdala is actually a relatively small nugget in the brain that responds to anything that may be emotional and in adolescence we’re struggling with anxiety so the amygdala becomes more active more so than it does in kids who aren’t suffering from anxiety.”

ADRIANA GALVAN, PHD
Adolescent Brain Researcher, UCLA

SLEEP

(of those with devices in their rooms)

**teens who wake up at night
and check their devices**



Common Sense 2019

The American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours a night and teenagers aged 13–18 years should sleep 8–10 hours a night.

“Sometimes a sleep deprived teenager will appear just like they have anxiety, clinical anxiety, clinical depression and it’s sleep.”

LESLIE WALKER-HARDING, MD
Chair UW School of Medicine, Pediatrics
Seattle Children’s Hospital

SLEEP



“As sleep gets eroded, and sleep deprivation gets worse... and then they get down on themselves, it becomes part of a bigger spiral. A big factor is with electronic devices in the bedroom--about screen time negatively impacting sleep... That amplifies the spiral.”

RON DAHL, MD
Pediatrician & Developmental Scientist
Center For The Developing Adolescent