

# UNDER PRESSURE

*Quick Guide*

## TEENAGE STRESS AND THE SCHOOL EXPERIENCE

**Stress** is the dynamic relationship between an individual and the environment in which a stimulus disturbs an individual's homeostasis, causing him/her to respond to the situation with all available resources.

**Your Role:** Help students navigate their environments, Help be the filter of their strong emotional responses while their frontal lobes continue to develop (provide a sense of calm), Support a positive health and sleep routine, Limit screen time at night, Model behavior, Listen!

### Positive Impacts of Stress

Enhancing Motivation, Building Resilience, Developmental Growth, Promote Bonding, Create Meaning (self-affirming)

### Negative Impacts of Stress

Processing, Behavioral Problems, Maladaptive Coping Skills, PTSD, Trauma, Physical Health, Emotional Health, Cognition, Learning, and Memory

