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
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