Helping Hurting Teens
Teen Struggles
Depression
1 in 8 teens
Depression
1 in 5 get help
1 in 4 Self Injure
Suicide 2nd Leading Cause of Death
Eating Disorders

1 in 6 teen girls
> 50% Unhealthy Relationships
Why are youth hurting more today?
Terror and Violence
Lack of Failure
Oh, crap! Was that TODAY?
Stress
Anxiety
&
Depression
The Young Brain
Neurons that fire together, wire together
Good Stress

- Exercise
- Fasting
- Responsibility
- Academic
- Healthy Guilt
- Healthy competition

Bad Stress

- Overt pressures
- Perfectionism
- Chronic stress
- Trauma
- Shame
- Unhealthy competition
What is Anxiety?
When you’re in your head,
You’re dead.
Ambiguous Data

Worst Conclusions
Anxiety Causes

- Genetic
- Over involvement
- **Chronic Stress** → Fight Flight
- Unrealistic/ Unshared Expectations
- Media
- Future/career
- Decreased Self Efficacy
Action helps Anxiety

- Move
- Walk while drinking water
- Crunches, squats
- Micro- actions
Depression
Depression Symptoms

- Sadness
- Irritability
- Withdrawal/ Isolation
- Falling Grades
- Loss of Interest
- Substance abuse
- Sleep (+/-)
- Appetite (+/-)
- Aggression/ Recklessness
- Illegal activity
- Suicidal thoughts
- Concerned Friends or parents
Is it Depression or Sadness?

- Severity
- Suddenness
- Frequency
- Duration (2 wks +)
DEPRESSION

• Listen
• Exercise
• Social
• Sobriety