

Turning Your Teen's Stress Into Growth

Yshai Boussi, LPC

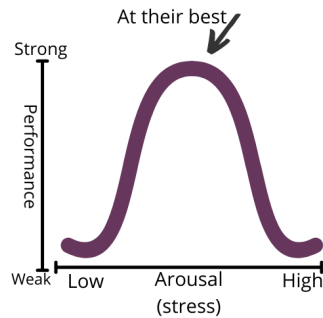
Stress:

Is neither good nor bad.

Is necessary for growth.

Should be matched by recovery.

Impact of stress = Source of stress + Person



Prefrontal cortex is responsible for stress management. It's not fully mature in adolescents.

What makes some teens more susceptible to the harmful effects of stress?

- Temperament
- Chronic systemic stress
- Trauma
- Over-exposure
- Rumination
- Family conflict
- Sleep deprivation
- Loneliness

7 Activities to help inoculate your teen from stress and adversity.

1. Social Connection
2. Downtime, boredom, sleep.
3. Coping skills
4. Physical activity: Dose, type, place, time.
5. Playfulness
6. Growth mindset
7. 3-step strategy
 1. Name it.
 2. Why do I care? Why is this important?
 3. What's one small step I can take right now?

