A conversation about student stress

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StarVista is a non-profit organization dedicated to transforming the lives of children, young people, adults, and families across San Mateo County.

Please call our main office at (650) 591-9623 or email info@star-vista.org for more information.
Outline

• Define stress
• Recognize how stress appears in your body
• Causes of stress
• Ways that people cope with stress
• Self-care
Causes of stress in teenagers

- Social stressors
  - Peer pressure
  - Social status
- Academic
- Extra-curricular
- Environmental
How teenagers cope with stress

- Talk with friends
- Watch Netflix
- Listen to music
- Anger outbursts
- Isolate
- Drink alcohol
- Get in/pick fights
- Exercise
- Not listen to adults
- Cry
- Smoke weed/tobacco
- Go to parties
- Sleep less/more
Healthy ways to cope with stress

• Take a deep breath
• Balance between work and fun
  • Break work into smaller pieces
  • Make list of things you need to do
  • Timelines can help with big projects
• Exercise
• At least 8–9 hours of sleep
• Talking through it
Your individual wellness

Financial

Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. You can do this by planning financially, creating a budget, and learning to be a good consumer.

Environmental

Environmental wellness means taking care of your global environment and your personal surroundings. De-cluttering your room, recycling your trash or volunteering to clean up your environment can improve health for all.

Social

Social wellness involves having a strong social network that can give you support and guidance when you are stressed or need stress relief. Additionally, these relationships can aid in the development of healthy relationships.

Physical

Physical wellness involves moving your body (exercise), eating well-balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active.

Intellectual

Intellectual wellness means staying curious and engaged in learning new things. Engage in creative activities. Read for pleasure, be aware of social and political issues, or join a club that focuses on enhancing intellectual interests.

Emotional

Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

Spiritual

Spiritual wellness is a process of understanding beliefs, values, and ethics that help guide your life. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.
What you as a parent can do

• Communicate
• Listen
• Provide unconditional love, support, acceptance:
  • BE EXPLICIT in communicating this to them
• Help identify healthy coping strategies
  • Model this with them!
• Help set realistic expectations for our children
• Seek guidance from a professional
We can help...

- StarVista Crisis Hotline
  - Direct number: 650-579-0350
  - National suicide prevention line: 1-800-273 TALK (8255)
- Teen Chat room
  - [www.onyourmind.net](http://www.onyourmind.net)
  - Mondays–Thursdays; 4:30–9:30pm
Thank you!

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