



STAR VISTA

A conversation about student stress

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STAR VISTA

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.

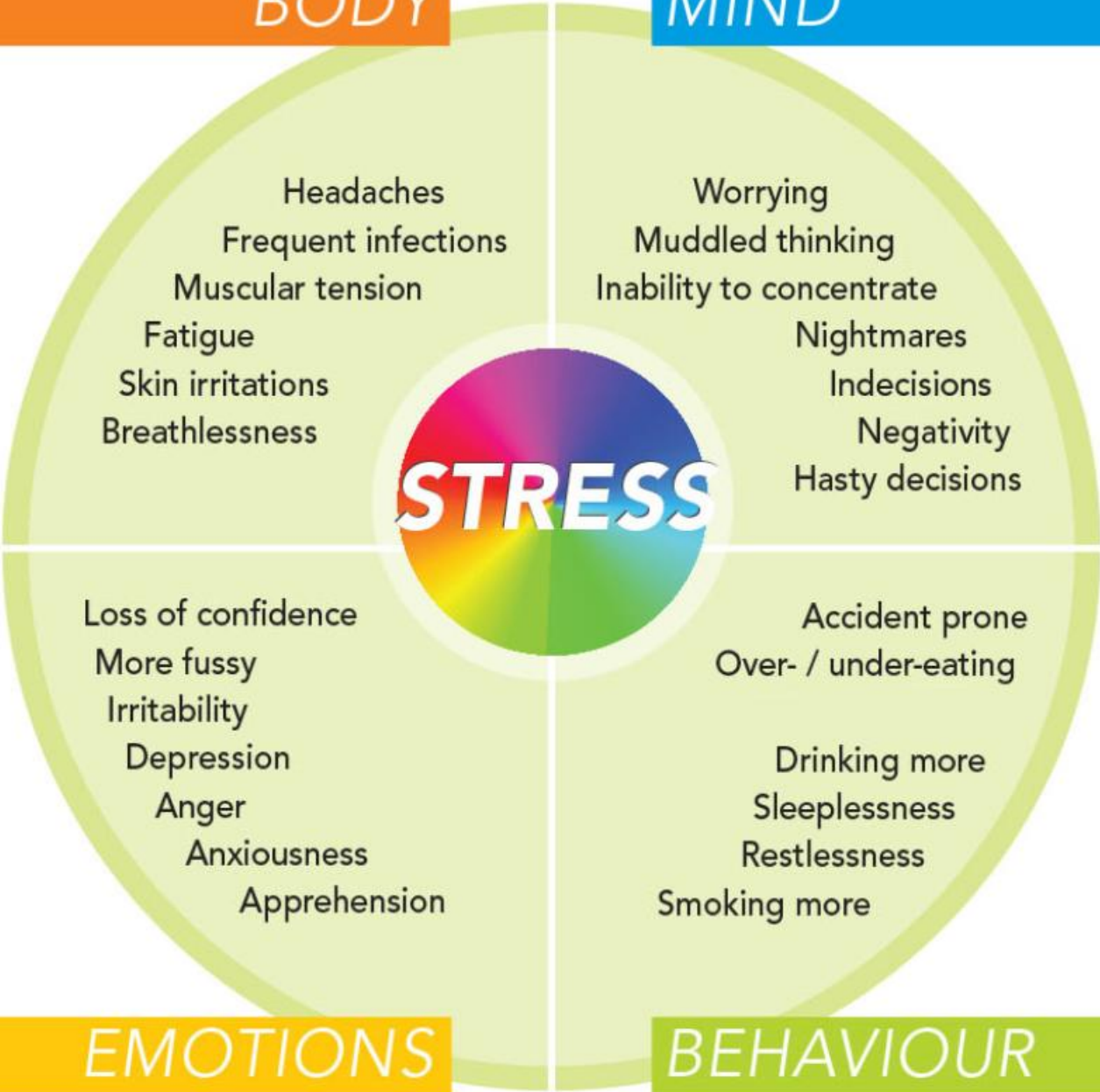
Outline

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



BODY

MIND



EMOTIONS

BEHAVIOUR

Headaches
Frequent infections
Muscular tension
Fatigue
Skin irritations
Breathlessness

Worrying
Muddled thinking
Inability to concentrate
Nightmares
Indecisions
Negativity
Hasty decisions

Loss of confidence
More fussy
Irritability
Depression
Anger
Anxiousness
Apprehension

Accident prone
Over- / under-eating
Drinking more
Sleeplessness
Restlessness
Smoking more

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

Anger
outbursts

Listen to
music

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





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
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- A decorative graphic on the right side of the slide consists of several overlapping, rounded rectangular shapes in various colors: light green, light orange, light blue, light pink, and light purple. The shapes are arranged in a cluster, with some overlapping others, creating a modern, abstract design.



STAR VISTA

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
 - Mondays- Thursdays; 4:30-9:30pm





Thank you!

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