

# Community Conversation on Teen Stress

## Notes from our World Café Style Meeting

November 18, 2015

### Overall Event Comments:

Community Conversation: Self Image  
Future Topic: LGBT, Gangs, Peer Pressure  
Great diversity  
I was hoping for an expert - wishing for practical tips  
Involvement of students was very important  
This meeting was ironically STRESSFUL  
This was a great experience because teens were present

### Some things we see in Stressed Teens/People:

Moody/Cranky  
Physical stress in shoulders  
Procrastinate  
Sick kids stay at home  
Stress distracts for the positives  
Stress disturbs sleep, but it's tiring and you get fatigued  
Stress feels unfocused, distracted, inefficient  
Stress physically - the tensions is in my neck and head  
Tired

### Some Questions Folks Had:

Do friends add/subtract from stress?  
Do parents empathize with kids?  
I want to know how adults can help minimize stress for our children  
I want to know how to help children deal with stress  
Is adult stress the same as youth stress?  
What do we do when someone shuts down?  
Where are we rushing so fast to get to?



## Things that stress teens out:

Accumulated homework  
Advanced diploma  
AP classes  
Avoidance  
Bullied if you are not perfect  
Bullying  
Bullying - parents didn't help her, they said you can handle it  
Bullying - told adults, turned it on me  
Bullying stressful, even with friends  
Chores  
Class Notes  
Colleges/University  
Competing with kids whose parents are writing the papers  
Desire to fit in  
Disorganized  
Don't get a chance to be young  
Everyone is watching you  
Expectations  
Family  
Family  
Family dynamics  
Fear of someone flipping a switch  
Fidgety/Anxious  
Financial  
Financial stress  
Forced to self-teach  
Frustration  
Future rests on results of SAT or ACT test  
Getting Scholarships  
Gossip  
GPA  
Grades  
Grandma wants me to be a lawyer or business person  
Have to be perfect to fit in  
Having to succeed in school because  
HB Lottery is not accessible  
High stress and feel they should be able to handle it  
Homework

Homework  
Homework  
I need more space  
If I'm bored, I'll start thinking about what stresses me  
Impatience, they don't get it  
Internalized  
Judgement  
Junior year  
Kids aren't allowed to be kids  
Low sense of competition and comparison  
Mom is stressed trying to help son  
Mom wants her to have a good life  
Money for School  
Mood  
Multiple homework assignments  
My mom is on me all the time  
Need to get into the best colleges  
Not positive feelings  
Overloading the kids  
Overwhelmed, can't be productive  
Parental Pressure - their way is the only way parents  
Parents expectations  
Peer Pressure  
Peer pressure  
Peer Pressure  
Peer Pressure  
People who depend on you a lot can be tiring  
Physical pain  
Physical symptoms  
Pressure to do all things well  
pressure to get into the right college  
Procrastinate  
Procrastinate - play on the phone, walk around the house, read  
Respect/understand that school is hard and thinking is hard  
Responsibilities  
Rumors  
Rumors start in school and spill onto social media  
SAT is one more thing  
School

School  
School  
Schools  
Sleep  
Snowballing stress - too many requirements  
Social media  
Social media  
Society is always asking for more  
Sports  
Stress can be productive and focused on getting it done  
Stress for the child and that means stress for the whole family  
Stress is a weight  
Teachers expect you to know things before they teach you  
Tense  
Tests  
The future stresses me  
The need to be perfect all the time is stressful  
Thinking about college  
Time management  
Time to do too much  
Too many afterschool activities  
Too many conflicting commitments  
Too many things are expected  
Too much homework  
Too much homework  
Too much homework stresses out parents  
Too much scheduling in AND out of school  
Trying to get into the right college  
Trying to succeed  
Want acceptance  
Work  
Work  
Your value is based on what you produce

### **Possible Strategies:**

"conscious writing" - write your thoughts  
Accomplish something, even if it's not the priority thing  
Adults/Role Models need to listen and bring solutions  
Be in the moment  
Being with a friend  
Break it down to take 1 step at a time  
Breathing  
Breathing  
Calling a friend  
Care - listen  
Choose to be kind  
Church  
Communicate positively with each other  
Community service  
Connect with People  
Coping  
Cry  
Cuss  
Deep breath  
Develop tutoring  
Discuss coping  
Displaced anger  
Distractions like Facebook, etc. = momentary calm  
Do less and be more  
Doodling  
Draw  
Drink Wine  
Eat  
Establish an appropriate workload  
Examine imposed stress  
Exercise  
Exercise opportunities  
Extra-Curricular Activities  
Family Dinner  
Family plays a big role  
Fidgets  
Find solutions  
Focused breathing  
Fun things lower stress

Go for a walk  
Go running  
Go shopping  
Go to a close friend  
Go to a special place to be alone  
Greet your neighbors and people on the street  
group activities  
Having more family time - especially on the weekends  
HB should have guidance counselors  
Health  
Helpful to have close adults who listen  
House rule - no phones after a certain time  
How can we slow down  
Humming  
I make lists and vent  
I talk to myself  
Isolate  
Isolate and cry  
Kids need coping skills  
kids should have free time  
Knowing each other  
Learn Time Management  
Listen to house music  
Make a plan  
Make lists and check things off  
Mantra "X" doesn't matter  
Meet them in their space, where they are  
Mindfulness  
Mindfulness  
Mindfulness  
Mindfulness  
More college counseling for 9-10th graders  
Move your body  
Movement  
Music  
Music  
Music opportunities  
Need boundaries with friends  
Need to be able to identify that you are stressed and able to communicate the stress  
Once a month 30 minutes of free time  
One step

Parents find a balance to give kids space but also addressing the issues  
Parents, please give us some space to if you can trust us  
People's friends  
Physical space is important - like the town hall at Wakefield  
Poetry or music to release the stress  
Potty mouth  
Process needs to be welcoming  
Program about stress  
Provide tools for families to listen better to each other  
quick film/cartoon  
Read  
Running  
Saturday school is good  
School counselors need to listen and help  
Senior Mentors  
Senior mentors are helpful  
Share resources directly with school in classes  
Sit down meal  
Sleep  
Slow down  
Smile at one another  
Smoke cigarettes  
Smoke Pot  
Smoking/Drinking  
Social media  
Sounds of water  
Sports  
Start e-mails with good morning, or a nice salutation  
Stop Box - a couple of techniques to do when Feeling overwhelmed  
Stress button on website with resources  
Stress phone lines for stress emergency  
Students form study groups  
take breaks or take on step at a time  
Take walks  
Talk  
Talk to a friend  
Talk to best friend  
Talk to best friend

