



Parent Support Network

The Impact of Stress Among Teens

Under Your Own Influence is a social norms campaign developed by the New Trier High School Prevention Team designed to help NT students make the choice to remain substance-free.

Stress is a normal aspect of life but not every teen can manage the same schedules as their peers. Therefore, it is important to recognize the signs and symptoms of stress before it has a negative impact on teens' physical and mental health.**

Signs of Stress*



Sources of stress:

- Academics
- Family/friend relationships
- Extra-curricular activities
- Post high school plans*

Did you know?

92% of NT students say they feel stressed due to academics.

2016 KW Survey, N=3,003

Talking to your teen about stress:

- Recognize your teen's symptoms and ask about them
- Communicate the importance of identifying balance for your teen
- Help your teen identify healthy coping mechanisms
- Provide support

Healthy stress:

- Used as a motivator in academics, athletics, career goals, clubs/activities
- It can boost cognitive abilities by helping the brain focus
- Turning nervous stress or energy into a positive by helping perform better (i.e. giving a speech)
- More efficient with completing tasks***/**



Questions or concerns?
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*American Psychological Association
**Youth Risk & Behavior
***Partnership for Drug-Free Kids
****Health Guidance