

Managing Teen Stress



Academic responsibilities, social pressures, and the demand for athletic excellence create a delicate balance for today's young athletes. But what happens when stress manifests itself as something more serious? And what can you do to help them maintain their mental well-being?

Chronic stress and anxiety can have similar effects on an athlete's body and mind. They might include:

- Fatigue
- Uneasiness
- Irritability
- Headaches or body aches
- Tension
- High blood pressure
- Heart palpitations
- Loss of sleep

Here's some tips to recommend to athletes to help build resilience and lower stress:

- Keep a journal.
- Download a mindfulness/relaxation app.
- Eat healthy, regular meals.
- Decrease or avoid caffeinated drinks.
- Identify and challenge negative and unhelpful thoughts.
- Get quality sleep. Stick to a schedule with similar wake-up and bedtime hours each day; shut down your screens at least two hours before bed; and consider a white noise machine to block out disruptive sounds in your environment.
- Reach out to family and friends for support.