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Impacts of Stress on Adolescents

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Abstract
Stress is a state of mental or emotional strain or tension resulting from adverse or extremely demanding circumstances. Stress is important because it is a problem that everyone will most likely deal with. I researched the causes of stress, the effects that stress has on the body, as well as ways to cope with stress efficiently in adolescents.

Key Points
● The most common stressor in adolescents is school. They have a lot of things going on when they are in high school.
● Stress can cause health problems to worsen.
  ○ sleeping problems
  ○ eating disorders
  ○ drug & alcohol abuse
  ○ moodiness
● Effective ways of managing stress are
  ○ being realistic and avoiding problems
  ○ being healthy (this means eating healthy foods and moderate exercise), and relaxing.

Conclusion
My thoughts correspond with my research. I do believe that younger generation of people ages 13 to 30 are very stressed. All the stressors that cause stress in adolescents are accurate. To further my research I would like to find more information containing statistics to add to my findings. I would also like to find the causes of stress in other countries not just the United States.

Works Cited:
Hips://diplolearn.wordpress.com/2012/06/28/stress-is-not-your-enemy/