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Conquering Stress



Gloomy global news, restricted budgets, and a long way to go until summer; it's no wonder parents are feeling stressed. But teens are feeling the strain, too, and have additional stressors to face each day, including the burdens of achieving academic success, the rush of hormones, and the pressure to fit in.

It is important to talk to your teens and provide proper guidance to help them avoid the pitfalls of stress which may, in some cases, lead to drug and/or alcohol abuse as a way to escape. Monitor your teen's behavior and become familiar with issues like depression, anxiety, substance abuse, and other harmful changes that might indicate your teen is unable to deal with stress in a healthy way.

Get expert advice on [helping your teen cope with stress](#).

"But mom, you don't understand!"

Teens sometimes feel that no one understands what they are going through. Although the

Not sure how to put yourself in your teen's shoes while setting clear rules and expectations? Follow these simple steps:

1. Validate their feelings. Begin conversations by saying, "I understand," and follow through with a solution to help overcome the challenge.
2. Provide real-life examples. Talk about ways in which you were stressed in the past, how you successfully managed it, and lessons you learned.
3. Be a good role model. Model and teach positive stress management and coping skills.
4. Hold them accountable. Let your teens know that they are responsible for their actions - and

pressures teens face today are very different from those faced 20 years ago, parents can still be instrumental in the solution. Demonstrate your interest in communicating with your kids, respect their point-of-view, and provide tips on how to manage everyday pressures.

Take an active role and learn more about "[What Parents Can Do.](#)"

that there will be consequences for not following the rules, such as a loss of privileges.

More tips on how to "[Help teens cope with stress.](#)"

NEWS »



Teens complain of feeling stressed out

A local high school in Texas encourages students to learn to cope with their daily stressors by offering face-time with counselors and a few minutes out of class for rest and relaxation.

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ADVICE »



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