

Examples of typical stress in adolescents are generally short-term, situational and expected. Usually, adolescents are able to manage typical stress effectively. Some common situations that adolescents may deal with are transitions to new classes, assessments, homework, organizing time and relationships.

Distress can be more difficult for adolescents. Examples of distress can be a loss (relationship or death), rejected by peers in person or electronically, severe academic issues, family issues or financial concerns.

Parents can help their teen manage their stress.

- 1) **Help by cutting back on overextended extracurricular activities.** You can help