

POSITIVE STRESS & STRESS SNAP

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What is positive stress ?

Positive stress is called **Eustress**. It can give an extra burst of adrenaline to help you accomplish goals and meet deadlines. Eustress provides mental alertness, motivation, and efficiency. Eustress can increase self-esteem.

10 Things that may cause teenage depression

- I. Academic Stress – Teens are under an enormous amount of pressure to succeed academically, especially as the costs of higher education rise and more families are reliant upon scholarships to help offset the expense. Stressing over classes, grades and tests can cause you to become depressed, especially if you're expected to excel at all costs or are beginning to struggle with your course load.

2.Social Anxiety or Peer Pressure – During adolescence, you are learning how to navigate the complex and unsettling world of social interaction in new and complicated ways.

Popularity is important to most teens, and a lack of it can be very upsetting. The appearance of peer pressure to try illicit drugs, drinking or other experimental behavior can also be traumatic for teens that aren't eager to give in, but are afraid of damaging their reputation through refusal.

3.Romantic Problems – In adolescence, romantic entanglements become a much more prominent and influential part of life. From breakups to unrequited affection, there are a plethora of ways in which budding love lives can cause teens to become depressed.

4.Traumatic Events – The death of a loved one, instances of abuse or other traumatic events can have a very real impact on anyone, causing them to become depressed or overly anxious. In the aftermath of a trauma, it's wise to keep an eye out for any changes in your behavior or signs of depression.

5. Separating or Divorcing Parents – Divorced or separated parents might be more common today than it was in generations past, but that doesn't mean that the situation has no effect on emotional wellbeing. The dissolution of the family unit or even the divorce of a parent and step-parent can be very upsetting for teens, often leading to depression.

6. Heredity – Some people are genetically predisposed to suffer from depression. If a parent or close relative has issues with depression, you may be suffering from a cruel trick of heredity that makes you more susceptible. Family Financial

7.Struggles – You may not be a breadwinner in your household or responsible for balancing the budget, but that doesn't mean that you're unaffected by a precarious financial situation within the family. Knowing that money is tight can be a very upsetting situation, especially if you're worried about the possibility of losing your home or the standard of living you're accustomed to.

8.Physical or Emotional Neglect – Though you may seem like a fiercely independent being that wants or needs nothing from your parents, you still have emotional and physical needs for attention. The lack of parental attention on either level can lead to feelings of depression.

9.Low Self-Esteem – Being a teenager isn't easy on the self-esteem. From a changing body to the appearance of pimples, it can seem as if Mother Nature herself is conspiring against you to negatively affect your level of self-confidence. When the self-esteem level drops below a certain point, it's not uncommon to become depressed.

10 Feelings of Helplessness – Knowing that you're going to be affected on a personal level by things you have no control over can easily throw anyone into the downward spiral of depression. Feelings of helplessness and powerlessness often go hand in hand with the struggle with depression, and can make the existing condition even more severe.

What to do ?

It's important that you speak to a medical professional or your doctor about any concerns you have regarding your emotional wellbeing, especially if you suspect that you may be suffering from depression. Depression is a very real affliction that requires treatment, and is not something that should be addressed without the assistance of a doctor. Your general practitioner or pediatrician should be able to help you determine the best course of action if you are dealing with depression, including referrals to a therapist or medication.

When you're feeling anxious or stressed, these strategies will help you cope:

Take a time-out. Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

Eat well-balanced meals. Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

Get enough sleep. When stressed, your body needs additional sleep and rest.

Exercise daily to help you feel good and maintain your health. Check out the fitness tips below.

Take deep breaths. Inhale and exhale slowly.

Count to 10 slowly. Repeat, and count to 20 if necessary

Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything. Put your stress in perspective: Is it really as bad as you think?

Welcome humor. A good laugh goes a long way.

Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.

Get involved. Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

KEY MESSAGES

1. Positive attitude for GOOG HEALTH can be built by
By being open minded, & appreciative of others point
of views.
2. Being accountable an accepting failure and success
With equanimity.
3. Being creative & looking an alternative (cost effective/
time/ energy) & easy way of doing things.
4. Being focused on problems ahead reduces anxiety.
5. Cherishing a goal in life an important aspect of
positive growth.
6. Possessing a good sense of humor & being able to
laugh at oneself is a desirable skill.