# Physical Effects of Stress

Dealing with:

[**Work**](http://docs.google.com/WORK.HTM) | [**Divorce**](http://docs.google.com/DIVORCE.HTM) | [**Grade Point Average**](http://docs.google.com/GPA.HTM) | [**Sports**](http://docs.google.com/SPORTS.HTM)

Everthing in life can be measured against its impact on the human body. This is most commonly known as stress. The life of a teenager is much shorter than that of an adult, and thus their stresses differ from those of adults. Teens tend to have the mind-set that they'll live forever and are invincible. Although many teens acknowledge that there is a measurable amount of stress in their life, they never seem to know when to slow down to give their bodies time to catch up with their busy lives. Many of the common signs of stress that adults have come to recognize get overlooked by the teenage population. Recognizing the physical signs of stress comes with experience and maturity, of which adults generally have more.

Most teens don't have desk jobs, and thus they disassociate themselves with the stresses their parents have. Even though every body responds differently to the same stressful event, there are a few very common physical signs of stress, which include headaches, heart disease, lower immunity to diseases, stomach disorders, insomnia, muscle tension, and depression. The physical toll of any or all of these items over an extended period of time increases the level of stress of all individuals, especially teens since they lack the ability to properly cope with the causes of the stress.

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Source: Managing stress from Morning to Night