# **Stress**

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[**Hypothesis**](http://docs.google.com/HYPO.HTM) | [**Prediction**](http://docs.google.com/PREDTION.HTM) | [**Procedure**](http://docs.google.com/PROCDURE.HTM) | [**Data**](http://docs.google.com/DATA.HTM) | [**Conclusion**](http://docs.google.com/CONC.HTM) | [**Sources**](http://docs.google.com/SOURCES.HTM)

In today's hectic world everybody talks about being stressed out and over worked. Rarely does anyone stop to ask what stress is and why it has such a large impact on their life. Many people believe that stress is only an emotional state. Unfortunately, stress is much more that a state of mind. It has many physical effects, ranging from slight discomforts, such as headaches, to life threatening illnesses like heart disease and cancer. The pace of today's society forces a higher level of stress on everyone. One question commonly asked by parents is "how is stress effecting my child?" This question is difficult to answer since each person will react differently in any given situation.Overall, the children and teenagers of today's generation have a more complex range of stressors which they are exposed to on a daily basis. The increasing crime rate, AIDS epedemic, rising drug usage, and the breakdown of the family structure have all been cited in the causes behind the high rate of stress related illnesses that doctors are seeing in today's generation."It is estimated that up to 75 percent of all visits to physicians are made by people with a stress-related problem." (Charlesworth)

In order to address the issue of teen stress, one must look at the relavent issues in the life a a teenager. Their success, unlike that of an adult, is measured in school, not at a job site. They are also much less likely to experience some illnesses that have been linked to stress, such as heart disease and cancer. These problems, although linked to stress, are not common among teens. They are much more likely to be effected by less severe problems like headaches, muscle pain, and insomnia. Although very few people would argue that the life of a teenager is less stressful than that of an adult, it is common sense that they experience stress from different sources. While an adult may handle the loss of a pet with very little stress, this event can be detremental to a child or teen. Differences like this make it clear that when looking at stress factors and effects, one must look at children and adults as two seperate groups who are effected by two seperate groups of factors.

"Stress is the name we give to the reaction of the body when it mobilizes its defenses against demands made upon it. It is the body's physical, emotional, and chemical reaction to circumstances that cause confusion, irritaion, or excitement." (Youngs) To see what causes stress and how it effects children, one has to understand why it effects them. The body is very complex and has ways of dealing with the physical toll which stress causes. Although there is no way in which to eliminate stress from life, there are many ways in which to manage and reduce it. Through certain activites and lifestyles children and teenagers can learn to manage the stress that occur in their lives. Through learning why the body reacts the way it does to stress, one is able to find solutions which can reduce the physical and emotional side effects of stress in their life.

Source: Managing Stress From Morning to Night