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Subject Code: CORE12	Subject Title: Personal Development	
Module No: 6	<b>Topic:</b> Coping with Stress in Middle and Late Adolescence	

#### I. OVERVIEW

Stress is part of growing up. You may feel pressure in everything you do, both at home and in school. Dirty clothes, a lost SIM card, a broken cellphone, a failed exam, a misunderstanding with a parent, a conflict with a friend—all of these are stressors or the causes of stress in your life. You experience stress when you respond to stressors that you perceive to exceed your capabilities. Stress can motivate you to work harder to get what you want. For example, someone negatively criticized your essay in your English class and you feel bad about it because you spent several hours drafting and revising your essay. Such an experience may be a source of stress, but it may lead to positive results when you think of it as a challenge to do better and allot more time for the next writing assignment. Stress can challenge and motivate you to find creative solutions to your concerns, and this kind of stress is called eustress. On the other hand, when stress becomes so overwhelming and leads to a sense of helplessness and exhaustion, it is called distress. To further understand the nature of stress, let us do the next activity.

# A. Learning Competencies

Learners will be able to:

- Identify causes and effects of stress in one's life. EsP-PD11/12CS-If-5.2
- · Demonstrate personal ways to cope with stress and maintain mental health. Esp-

# PD11/12CS-Ig-5.3

# B. Specific Learning Objectives

The learners will be able to:

- discuss the relationship among physiological, cognitive, psychological, spiritual, and social
  aspects of development, to understand your thoughts, feelings, and behaviors;
- · evaluate your own thoughts, feelings, and actions, and
- Show the connection of your thoughts, feelings and actions to actual life situations.

## II. LET'S BEGIN

## **ACTIVITY 1: CRUMPLED BUT NOT TORN**

Adolescence is a period that extends greater than a considerable fraction of a person's life. Adolescence can be a very confusing and hard time, even for the well-adjusted adolescent. However, each adolescent experience individual changes and growth at differing rates, with some affecting through the adolescent phase more rapidly and more easily than others. Some adolescents have caring families, others face this discouraging period of their lives alone. Some adolescents may stay at home with their families, but their families are emotionally distant so the adolescent feels as if they

are alone.

This activity aims to help you identify the different stressors that a teenager usually encounters and its effects. Also, it will let you identify ways on how to cope with stress.

Materials: One whole sheet of intermediate pad paper, writing instruments Instructions:

- 1. Take out your pad paper.
- 2. Think of the stressors that you usually encounter in your everyday life. Think of the difficulties that you experience at home, in school, or in your community.
- 3. Write your stressors on the sheets of pad paper. Write one stressor for each paper. After you have written your stressors, crumple the sheets of pad paper. In crumpling the sheets of pad paper, base your strength on how this stressor has affected you.
- 4. After you have listed your stressors, examine the pieces of crumpled paper.
- 5. Answer these questions:
  - a. What were you thinking when you were doing the activity?
  - b. How did you feel about the activity?
  - c. What insights did you gain in doing the activity?

# III. LET'S DIG DEEPER STRESS AND ITS SOURCES DURING ADOLESCENCE

Stress is the means your body to react to challenges and makes you all set to face them with strength, attention and energy. When you sense that you can deal with the challenges coming your way, stress gives you the necessary enthusiasm to get things done. However, stress can be challenging if the problems are too difficult to solve especially being an adolescent.

Not all stress is terrible. Certain intensity of stress can be beneficial for one's overall development. Stress may furnish a healthy rush that digs up the individual to perform higher than normal in situations like beating deadlines or important events. However, abnormal levels of stress are proved to be highly damaging to adolescents.

When stress overloads your life, you will experience both physical and emotional disturbances. The neurotransmitters in your brain will start to stop working. The first one to provisionally shut down is your body clock, more often than not it causes sleeplessness. The second one is in-control of energy levels that causes a decline of wanting to get things done. The final neurotransmitter is in the pleasure part of the brain that causes unhappiness and hopelessness. As these shut down, it becomes more difficult to respond to stress.

Stress impacts the thinking and feelings of adolescents plus their behaviors later on in adulthood. Adolescents who experience high amounts of stress can experience more mood disorders later in life. Stress is also a cause for concern because of the incidence of illegal or socially undesirable behavior, like smoking, drug use and abuse, and substance addiction among adolescents. These behaviors may cause even further stress. Stress influences the manner adolescents' deal with social groups, like the family, peers in school, and peers outside school. Changes in the social environment oblige adolescents to look for new means of responding and adapting. These changes create a stressful environment. Little by little stress to which adolescents are exposed due to these changes can build up over time.

Signs of stress in adolescents is evident in their emotions, behavior, thinking, and body.

Changes in your emotions as an adolescent when stressed include:

- 1. Feeling depressed, desperate and down
- 2. being irritable or bad-tempered
- 3. Finding it difficult to unwind
- 4. Feeling valueless5. Feeling that nothing is going right
- 6. Getting extra fuming than normal

Changes in your behavior as an adolescent when stressed consist of:

- 1. appearing nervous or restless
- 2. Pulling out from friendship groups and activities
- 3. Eating extra comfort food

- 4. Sleeping for an extended time
- 5. Wanting to be alone more than normal
- 6. Eating in smaller amount
- 7. Declining to go to high school or college
- 8. Frequent crying
- 9. Having less energy than normal
- 10. Having emotional ups and downs with no basis
- 11. Drinking extra caffeine products and taking over-the-counter painkillers
- 12. Least concern about looks
- 13. being violent
- 14. Acting differently in relation with parents

Stress can also influence your thinking being an adolescent. Changes comprise:

- 1. Getting lost in thoughts and conversations
- 2. finding difficult to focus and continue to concentrate
- 3. Making mistakes in judgments
- 4. Having trouble in recalling things
- 5. getting unreasonable and confused
- 6. Having difficulty organizing and planning things

You might also feel physical signs of stress. They may include:

- 1. Not feeling hungry.
- 2. Feeling ill
- 3. Increasing or dropping weight.
- 4. Feeling extra exhausted than normal.
- 5. Having panic attacks, rapid breathing, and dizzy spells:
- 6. Getting recurring infections and colds.
- 7. Having variations in menstrual cycle.

There are several sources of stress. Definitely identifying them can help adolescents cope up and overcome them. Here are some types of stress that challenge adolescents:

#### ACADEMIC STRESS

One of the chief reasons for stress in adolescents is the continuous pressure to perform well academically in addition to extracurricular demands. Students suffer from pressure to complete daily class work and homework assignments, finish projects and study for exams. On top of the pursuit for good grades, adolescents may also involve themselves in extracurricular activities, like sports, student council, cheerleading and clubs. The extra pastimes may add to adolescent stress and anxiety if the activities are cutthroat and need scheduling that slashes the study and relaxation time. Adolescents must be mindful of their academic and recreational obligations to make certain they are not taking on too many responsibilities. Many adolescents often find it difficult and stressful to live up to their teachers' and parents' expectations as far as school grades. Ending up scoring poorly, even after a hard review for an examination may make an adolescent feel defeated and hopeless. When some adolescents get poor grades, they feel bad because they know they have disappointed themselves and also the people they care about and love the most. The pressure increases in order to do well. When adolescents are academically tough, there is a normal pressure to keep performance. All these expectations add more to adolescents' never-ending miseries causing stress.

As the expenses of higher education increase and more families are dependent upon scholarships to help make up for the costs many adolescents are under a huge amount of pressure to do well academically. Stressing over classes, grades and tests can cause them to become depressed, especially if they are expected to do extremely well at all costs or are starting to exert great effort with their course load.

Stress can affect your appearance negatively. Further, if you look closely at the implications of stress, it can even damage your psychological well-being.

Now, let us deepen your understanding of stress by being familiar with its symptoms or your bodily responses to it.

The cognitive symptoms include the following:

- 1. having memory problems
- 2. being unable to concentrate
- 3. having poor judgment
- 4. seeing only the negative5. being anxious
- 6. worrying constantly

# SOCIAL STRESS

Adolescents learn to interact socially and adjust in this highly complicated world when they reach adolescence. Getting along with friends or getting into the "in" crowd can be very stressful for them. Gradually, they may realize how important it is to gain social acceptance-whether from family, relatives, friends or peers. When arguments come about or an adolescent feels uncomfortable around peers, it is typical to feel sad or anxious. This constant struggle, to become acceptable for everyone invites stress.

Indeed, peer pressure can be considered an adolescent stress factor. Although adolescents may have a solid group of friends, their peers may pressure them to hang out in lieu of studying, break ties with former friends that the core group does not consider "cool" or experiment with drugs, alcohol or sexual activities that go against their morals or family rules. Peer pressure, bullying on campus and harassment through phone calls, text messages and email may distract adolescents from studying, leading them to feel added stress and anxiety.

Peer pressure to experiment with drugs and alcohol are in all places. The fight to reject seems so hard when everybody around them says their social life depends on it. With adolescence being such a sensitive time in social development, drugs only make this developmental stage harder to get through safely and healthfully. The appearance of peer pressure to try illegal drugs, drinking or other experimental behavior can also be traumatic for teens that are not willing to concede, but are scared of hurting their reputation through refusal.

During adolescence, teens are learning how to navigate the multifaceted and upsetting world of social interaction in new and complicated ways. Popularity is essential to most adolescents, and a lack of it can be very hurtful. Popular teens experience just as much stress. They need to preserve a confident image within their social group. It is difficult to make it into the "in" group, but it can be even rigid to stay in it.

When you are stressed with school and relationships, you worry about failing your subjects, meeting your teachers' expectations, or losing your friends. These result in having a lack of concentration. Also, your anxiety may cause you to forget things and to see only the negative. Having poor judgment makes you decide and act unwisely upon situations, which may just worsen the situation. You also would feel emotional symptoms, which are the following:

- 1. moodiness
- 2. irritability or short temper
- 3. agitation or restlessness
- 4. feeling of being overwhelmed
- 5. sense of loneliness and isolation
- 6. unhappiness

When you are stressed or emotionally uptight, you tend to be easily carried away by your emotions. You find yourself grumpy. Situations irritate you and your moods swing quickly. You emote for various reasons such as when you receive negative criticisms, get a haircut that does not suit you, or plan a date that does not push through.

Stress has physical symptoms too, and these include the following:

- 1. body aches and pains
- 2. diarrhea or constipation
- 3. nausea and dizziness
- 4. chest pain
- 5. rapid heartbeat
- 6. frequent colds

When you are stressed, your body reacts to it. Your immune system weakens, and you would probably catch colds more often.

Moreover, responses to stress are manifested through behavioral symptoms, and these are the following:

- 1. eating more or less
- 2. sleeping too much or too little
- 3. isolating yourself from others
- 4. procrastinating
- 5. neglecting responsibilities
- drinking alcoholic beverages, smoking cigarettes, taking illegal drugs, or playing computer for several hours
- 7. having nervous habits such as nail biting and pacing restlessly

When feeling overwhelmed by difficulties, adolescents react to stress by eating more or less, or sleeping too much or too little. On the other hand, when under pressure in a relationship, adolescents may isolate themselves from others.

## FINANCIAL STRESS

Financial stress may be defined as the inability to meet one's financial obligations, but can also include psychological or emotional effects. It is generally observed that, there is no trouble on

adolescents to earn and fend for themselves. If there is any financial problem in the family, it sometimes becomes hard for an adolescent to handle. Though an adolescent may not be a breadwinner in their household or responsible for balancing the budget, that does not mean that he/she is unaffected by an unsteady financial situation within the family. Knowing that money is too stretched can be a very disturbing situation, especially if he/she is worried about the possibility of losing the home or the standard of living he/she comfortable to. The thought of losing the present standard of living, may have an effect on the mind of an adolescent in a negative way. The awareness that nothing much can be done to change regarding monetary requirements leads to feeling of helplessness that results in stress among adolescents. However, adolescents with higher financial self-efficacy and greater financial optimism about the future are significantly less likely to experience financial stress.

### STRESS DUE TO FAMILY PROBLEMS

Adolescents can also experience stress at home due to family pressures and problems. Any small or big changes in the family may have a negative impact in an adolescent. The experience of economic hardship that affected adolescent's quality of life or new found living arrangements that reduce his/her privacy, may also impact their stress levels. Most often, lack of attention also pose as threats to many adolescents due to parent's stressful jobs.

Constant quarrels between parents, sibling rivalry, disagreements with parents over rules, expectations and the need to consistently care for younger siblings can greatly make adolescents suffer from stress. Fights with younger siblings are normal, but sometimes, they can make adolescents feel inferior about themselves. They may feel second-rate compared to younger siblings, or they may end up hating them because they give the impression to have it easier in life.

Divorced or separated parents are more common today than it was in the past and this situation has a great consequence on emotional wellbeing of an adolescent. The dissolution of the family unit or even the divorce of a parent and step-parent can be very hurtful for adolescents, frequently leading to depression.

Adolescents from a dysfunctional home life where abuse or alcoholism are problems can suffer from intense stress. Adolescents need to feel secure, protected and cared for at home. When they do not get this from their safe place, they may take the stress out, carry it to school, and act it out.

# ROMANTIC RELATIONSHIPS

Adolescence is the age when most young people feel that they have to be loved.

Dating is highly stressful aspect of romantic relations in adolescence. The pressures from peers to have a partner and becoming closely involved are not easy to handle very early in life. Romantic entanglements in adolescence becomes prominent and influential part of life. From the desire of a particular boy or girl as their love interest to breakups with their lovers to unreciprocated affection from their budding love may become significant aspect of adolescents' lives. Breaking up in particular is a difficult situation to deal with, which can bring about feelings of inadequacy, rejection, and loneliness. Adolescents might find these painful instances really hard to overcome resulting in high stress.

## STRESS DUE TO PHYSIOLOGICAL CHANGES

A lot of changes in the form of hormonal fluctuations take place in adolescents' bodies. Most young people are obsessed with their physical appearances; they may easily get very stressed to see unwanted pimples on their face or other worrying changes in how they look. They may find it too complicated to contend with such changes and thus feel stressed. At times, the length of physical growth creates stressful feeling among adolescents.

Though they may look like strong independent beings that want or need nothing from their parents, they still have emotional and physical needs for attention. The absence of parental attention can lead to feelings of depression.

## UNHEALTHY COMPETITION

Today, the hottest fashion among adolescents is to have competitions which more often than not become violent and unhealthy. An adolescent is always confronted with the desire to "perform or perish". Adolescents may be under severe pressure to excel, be it academic, sports or any extracurricular activity. Intense competition is another source of stress.

Low Self-esteem

It is not easy being an adolescent with low self-esteem. From a changing body to the appearance of

pimples, an adolescent feels that even Mother Nature herself is conspiring against him/her to negatively affect their level of self-confidence. When self-esteem level drops below a certain point, it is not rare to become depressed.

The pressure of doing several things and at the same time excelling at them make adolescent restless all the time. The greatest stress comes if they are unsuccessful in any of them; the feeling of self-doubt invades them. If the adolescent is a victim of low self-esteem, he/she may turn to friends due to depression.

As adolescents try to find a way through the school's social hierarchy, they may feel self-doubt if they do not reach a certain height of fame. Although adolescents may express a sense of despair about their appearances, lack of dates or social status. Signs of extreme self-worthlessness like prolonged sadness, a withdrawal from family, friends and favorite activities, lack of energy and motivation or mentions of suicide or death may indicate depression.

## TRAUMATIC EVENTS

Most people can feel stressed due to traumatic events; an adolescent often gets affected more, because he/she is short of the maturity that comes with growing up. When experiencing a sense of loss, adolescents may feel stress and anxiety. "Loss" can mean the end of a relationship, friendship or cherished extracurricular activity. Breaking up with a boyfriend or best friend, for instance, may lead an adolescent to doubt him/her self-worth or feel worried about attending school or social functions because of her change in social status. Death of a friend or any family member, dealing with the health problems, relocating to a new house, the end of a friendship/ relationship or dealing with some chronic illness are certain incidents that causes stress. In the outcome of a shocking experience such as a case of abuse or a traumatic event may have a very real impact on anyone especially adolescents, causing anybody to become depressed or overly restless.

#### CHANGES IN ROUTINE

Any alteration in the daily schedule causes stress for many adolescents. Nervous breakdown can be the result of change of school, moving to a new house or a change in family dynamics. An adolescent feels good only when things work properly. Trying to change his/her way of life in order for him/ her to benefit, maybe mentally troubling, and resulting in a chaos of emotions. In turn, these emotions would prompt unreasonable behavior amongst most of adolescents.

## EFFECTS OF STRESS TO ADOLESCENTS

Stress can be good or bad. Some amount of good stress and worry can bring out the best in an adolescent. Headache, nightmares, irritability and fatigue are outcomes of bad stress. Feeling stress over extended period leads to distress which in turn leads to different diseases.

Adolescent health can be affected by stress and can lead to depression, negative thoughts, insomnia, high blood pressure, ulcers, nausea, loss of appetite, muscle tension, severe headaches or migraines, and even teeth grinding. Stress can influence adolescent health by other means as well, such as an increase of prescription medications or sleeping pills.

Emotional self-regulation is the adolescent's attempt at calming down his emotions to cope with his/her changing social environment. Adolescents are expected to experience bodily and emotional changes during their growth and development. They look for new ways to maintain emotional stability. In many instances, adolescents use alcohol consumption or smoking tobacco or marijuana in an effort to attain emotional stability. They generally see smoking, drinking alcohol and using marijuana as approaches to achieve a sense of self-control.

A higher requirement for emotional stability is linked to heavy smoking, drinking and marijuana usage. A sense of helplessness especially leads to higher stress and need for emotional strength. Thus, adolescents who feel weak are more likely to smoke, drink or use marijuana.

Adolescent smoking, drinking and substance use are connected to stress. Adolescence is typically the stage in life when people start smoking. Stress has an important connection with the adolescent's decision to begin smoking It is also associated to alcohol consumption and substance use. Many adolescents begin drinking and using marijuana because of stress. Anything like drugs, too much alcohol use or smoking can cause health problems later on. Sometimes adolescent may possibly meet accidents too.

Depression is commonly associated with stress. Depression is a common situation among adolescents, especially those who have trouble adjusting to their changing social environment. Depression is reached when the adolescent is unable to properly address stress. This inability is linked to lack of skills to deal with stress or the use of inappropriate coping strategies The link between stress and depression varies between male and female adolescents. Females experience more stress

and depression from family problems. They also experience higher stress and depression related to interpersonal relationships than male adolescents do.

Stress among adolescents is connected to social disadvantage. Social disadvantage is a condition of having a discriminatory social label or having fewer resources. High stress levels are visible among individuals with less resources, a low social status or label, or are of a discriminated race or ethnicity. Higher social disadvantage is linked to higher stress levels.

An adolescent who belongs to a socially disadvantaged group suffer from more stress, they are also prone to experience depression. Moreover, these adolescents are more likely to smoke, drink, and use marijuana or other illegal substances because of the combined effects of stress, discrimination, and financial difficulties.

The adolescent's perspectives of others and the self partly depend on the kind and level of stress he/she experiences. Thus, stress impacts his/her self-esteem. Self-esteem is the positive or negative regard for oneself. Because of insufficient knowledge or skills to deal with stress, adolescents often feel disappointed with their lives. Such condition contributes to problems with self-esteem.

The adolescent who experiences more negative life events are inclined to experience higher stress levels. These events include the loss of a family member, the loss of a home and failing academic performance. These events often lead to anger, self-pity and other negative emotions. The associated higher stress level makes the adolescent feel more inadequate, leading to lower self-esteem.

Indeed, stress can be overwhelming. Yet, when you know how to turn stressful events in your life into opportunities, you become more equipped to succeed. Hence, coping with stress is essential in life. According to Santrock (2012), coping involves managing difficult situations, exerting efforts to solve your problems, and striving to master or reduce the stressful effects of these situations. In order to cope successfully, attitude plays a key role. To illustrate, a similar situation is encountered by two students, Mary and Grace, but it leads to different results. Mary considered her failed grade in math during the first grading period as a challenge. Thus, she studied harder and improved her time management skills to perform better in the next grading periods. Grace, on the other hand, got angry with her teacher and disliked the subject. She became demotivated to study math, eventually cut classes, and worsened her situation. According to Sevilla (2006), your behavior in dealing with stressful situations is your coping strategy.

You can check what your ways of coping are because they can be either problem-focused or emotion-focused (Lazarus, 2000). Problem-focused refers to facing the situation squarely and exerting efforts to solve the problem.

For example, because you are concerned with your low scores in your math quizzes, you ask for the help of your sister, who is good in math.

Note that, in the example, you have acted upon your concerns.

Problem-focused coping has been linked to effective adjustment, and this includes enhancing the following skills:

- 1. study skills
- 2. time management skills
- 3. problem-solving skills
- 4. support group

Your study skills are enhanced by boosting your motivation to study. To get motivated means clarifying your goals. "What do you want to be?" and "What kind of life do you want to lead?" are questions that may help you see your goals and motivate you to strive. Being self-efficient will help you sustain your motivation. Getting high scores in your exams makes you feel better about yourself. When you strive hard and conquer each obstacle, you become more challenged to get what you want. Also, studies show that the efforts you exert are generally related to your achievements (Carbonaro, 2005). Academic success is attained by improving your concentration or your ability to focus on what you are doing. In studying and comprehending what you are reading, you need the transition from light concentration to deep concentration.

To illustrate, you need to know the concentration cycle. Light concentration is attained for about five minutes of studying or reading; after five minutes, you may arrive at moderate concentration. After which, you can have deep concentration that may last for about 40 minutes. This implies that understanding what you are studying and holding the information in your memory should be done during the phase when you are in deep concentration. Thus, texting while studying intervenes with your comprehension and memory. This is why many teenagers who study and stay awake the whole night may not fully understand what they are reading because they are not concentrating. Reducing distractions by properly setting up your study environment will enhance your concentration. Time management skills are important in coping because, if you manage your time well, you may be able to make your life less stressful. Your inability to set or stick to your priorities and say "no" results in wasted time. For example, you have scheduled doing your science assignment tonight; however, your friend invited you to go malling with her. Because you couldn't say "no" to her, you went malling with her and got home late; thus, you were not able to do your assignment. The project you have scheduled on the next day was not started because you needed to rush the assignment due the following day.

Also, your inability to delegate responsibility will prod you to do all the tasks yourself, even though you can assign tasks to other members in your group or family. Some people do not know how to throw away useless objects, such as empty bottles, containers, boxes, and clothes. They just pile up at home, and organizing them can be a very tedious task. With no adequate place to organize, some people waste time looking for needed objects. Finally, another cause of wasted time is being a perfectionist. Efforts are also wasted in being a perfectionist. Much time is spent to perfect one task, which is a reason that you do not finish your tasks on time.

**Procrastination** jeopardizes the quality of your work as well as your capability to beat the deadlines. Here are some tips to improve your time management skills.

- 1. Monitor your time. Monitoring your time is essential to be successful in managing it. You can use a fixed commitment calendar to do so.
- 2. Plan your activities using a schedule, and protect it as much as you protect your goals. When unplanned appointments and tasks pop, you need to assess if your schedule still allows you to do them. If not, tactfully say "no."
- Increase your efficiency so that you finish your tasks in less time. For example, learn to increase your writing speed so that you take down notes more effectively. Having good notes facilitates studying.
- Tackle one task at a time so that you do not get overwhelmed. Otherwise, you may end up procrastinating.
- 5. Group similar tasks together so that the fluidity of doing so facilitates efficiency.
- 6. Make use of your down time. For example, you can opt to open your notes and read them when you are waiting for the bus, queuing in a bank, or waiting for teacher to arrive.

To deal with your troubles more effectively, you need to know how to solve problems. Such skills should be mastered so that you remain objective in facing your concerns and in making wise decisions. Problem solving involves assessing the situation by describing it and determining when the problem started. Measuring the extent of the effects of the problem is important because you have to remember that you are in charge of your situation and that it affected you because you allowed it to. Analyze your situation by identifying its potential causes. Gather all data regarding your problem. Say that you got a low grade in an essay you submitted in your English class. You read books and browsed relevant websites regarding the topic. You carefully wrote the essay but you were disappointed to receive a grade of 85% only. You wanted to improve your score, so you gathered all pertinent information such as accepted standards in essay writing, the correct format, and the expected content. You list down all these pieces of information, and compare the potential causes with the information you gathered. For example, one possible cause you identified is your bad habit of procrastinating, which you can relate with the fact that your teacher has a very high standard in scoring essays. Hence, realizing that you procrastinated in writing the essay, even though you read books and relevant online sources, you can still improve your next essay by giving yourself more time to do so. You may collect more data until you have identified the root cause of your problem. Identifying the root cause of the problem lets you come up with the best solution. You can try and verify your solution if it works for you. After which, you then implement your solutions. Having a support group will help you cope with stress. A support group may simply be your friends who accompany you in this journey. Also, your parents are important persons in your life whom you can ask for support during difficult times. You can also turn to your teachers and guidance counselors for help; they can guide you to attain personal well-being. On the other hand, emotion-focused coping refers to responding in an emotional way. Focusing on pain triggers emotional reactions, which in turn influence our actions. Further, denying a problem or laughing it off prevents you to acknowledge the problem and handle it. Suppose that you are dating someone whom you eventually found out is already saying "no" to unplanned or unscheduled activities that are not that important will make your life less stressful. Big Idea romantically involved with somebody else. If you deny that you don't have feelings for that person anymore, you put yourself in a more complicated situation. Avoidant coping is another way of dealing with stress. This involves ignoring a problem and hoping that it will disappear on its own (Wadsworth et al., 2011). It includes avoiding the problem by drinking alcoholic beverages, playing computer games for several hours, using illegal drugs, and simply shrugging it off. Thinking about your low scores in math makes you feel anxious; because you do not like the feeling. you hang out with your friends and drink alcoholic beverages so that you can sleep well and temporarily forget your problem.

There are instant "relaxers" that you can do as a first aid in emotionally wrought and stressful situations, such as eating comfort food, deep breathing, relaxing your muscles, engaging in physical activities that may help you calm down (e.g., walking and playing basketball), using aromatherapy, and having a good cry. Eating healthy snacks can help you calm down. Oranges and blueberries have vitamin C, which helps boost your immune system. Blueberries and other dark-colored berries are full of antioxidants, which repair and protect your body from the effects of stress. Also, eating just a few almonds will keep your heart from racing when you feel afraid or anxious. They also help lower your blood pressure and facilitate the flow of oxygen throughout your body. Spinach contains magnesium, the mineral that helps lower your stress level by calming you down. Tuna contains omega-3 fatty acids, which help control adrenaline. Calcium and vitamin B2 in milk help sooth anxiety and restlessness, respectively. Bananas are not only linked with activation of serotonin, the happy hormone, but it is also full of potassium, a mineral essential in reducing tension. Sweet

potatoes have vitamin B6, which helps support a wide range of activities in your nervous system and gives you a major dose of relaxation. Cereals contain compounds to relieve stress and anxiety while simultaneously improving concentration. Also, they are a great source of vitamin B complex and fiber, which helps in digestion. Avocados have potassium and vitamin E, which help calm you down when you are overwrought. They are nutritional enhancers that help the body absorb other vital nutrients. Usually, people eat chocolates and drink coffee to cope with stress. However, when the immediate effects of these foods wear off, the body weakens because the immune system was not boosted to handle stress.

## PERSONAL WAYS OF COPING WITH STRESS

When you are stressed out or pressured with academic standards, personal concerns, familial difficulties, and relational demands, you may probably feel overwhelmed. Taking a deep breath allows you to pause and have more time to think. Deep breathing exercises let you get sufficient amount of oxygen. Getting oxygen to different parts of your body is important; your brain needs sufficient amounts of oxygen so that you can think clearly and logically. Having a massage, taking a warm shower, or just taking a nap can calm your taut muscles. Pausing to do things does not entirely mean that you are running away from your responsibilities or difficulties; rather, it refers to stepping back to be able to see the whole picture. This way, you become objective in your judgment and decisions. Relaxing your muscles simply means taking a rest to be more capable of facing your difficulties afterward. Also, engaging in physical activities such as walking and playing games will divert your attention to buff your emotional pains. More so, this will be a chance to clear your mind and see things in a more rational manner. Most importantly, when you deal with stress, you have to learn to comfort yourself. When you experience rejection, listen to others' criticisms, take them all constructively, and accept your faults. However, you owe it to yourself to be very objective. Know that relationships are a two-way process. You cannot be the only one to blame when relationships fail. Further, comforting yourself for some limitations is integral in moving on and forgiving those who hurt you. Always remember that you deserve to be treated well. Comfort yourself by believing that your limitations do not make you who you are; rather, your choice of being a good person-of improving yourself—is what matters most. Another way of comforting yourself is pampering yourself with things that soothe your nerves such as aromatherapy. For example, before starting your tasks, you light candles with scents that find relaxing. Also, before studying for a difficult exam, you can wear your favorite perfume so that you feel relaxed. Furthermore, know that there is nothing wrong in crying in the privacy of your room and/or the company of trusted friends or adults. Crying can clear your mind and release tensions. Crying your heart out relieves you from heavy feelings, which keep you from thinking objectively and making wise decisions. Finally, a first aid to deal with stress is talking about what you feel and what you think about your situation. Catharsis is releasing your pent-up emotions, which is achieved through talking and crying.

Male and female adolescents handle stress in different ways. Male adolescents are inclined to use energetic distraction, like physical exercise. Female adolescents are likely to use unreceptive distraction, like watching television programs. Also, adolescent males are more prone to develop violent or aggressive behaviors as a means of dealing with stress.

Everyone is affected by stress at one time or another and it can feel overwhelming. With the right tools, though, as an adolescent you can learn to manage stress before it takes a toll on your health. Managing daily stress can also lead to a more overall positive outlook on your life and well-being

- 1. Move your body Physical activity is one of the most effective stress fighters. That does not suggest you have to go for a jog if you hate running. Discover activities you like and build them into your routine like yoga, hiking, biking, skateboarding or walking. The best kinds of physical activities are those that have a social element. Have fun and be active with friends.
- 2. Get enough sleep Between homework, activities and hanging with friends, it can be difficult to find adequate sleep, particularly during the school week. Preferably, adolescents should get eight hours a night. Nearly all teens, however, are getting less. This is regrettable, because sleep is an important input for both physical and emotional well-being. In order to make the most of your chance of sleeping soundly, cut down on watching TV or engaging in a lot of screen time in the late evening hours. Don't drink coffee late in the day and try not to perform stimulating activities too close to sleeping time. Appropriate sleep is very vital and under no condition should be avoided. A good sleep is considered as a therapy for constant stress.
- 3. Strike a balance School is essential, but it is not the whole thing. When you plan your week, schedule time to get school assignments completed, but also schedule time to unwind and have fun. When it is time to enjoy, try not to be bothered about school or homework. Concentrate on having
- 4. Enjoy yourself Besides physical activities, discover other hobbies or activities that bring you happiness and calm down your mind like listening to music, going to the movies, reading, writing or drawing. Make a point to remain doing these things even when you are stressed and busy. Develop a

hobby, which can help you feel fine and calm down your mind. In anything you do always smile and have an upbeat attitude.

- 5. Let yourself shine-Spend some time thinking about the things you are good at, and unearth ways to do more of those things. Focusing on your strengths will help you keep your stresses in perspective. If you are a math ace, you might tutor a younger neighbor who is having trouble with the subject. If you are a spiritual person, you might volunteer at your church. If you are artistic, take a photography class. Do not over stress yourself with perfection. You have to be proud in any work completed properly and correctly.
- 6. Talk through it-It is so much simpler to deal with stress when you allow others offer a hand. You can talk to a parent, teacher or other trusted adult. They may be able to help you discover fresh techniques to manage stress. Or they may help put you in tune with a psychologist who is trained in helping people make healthy choices and cope with stress. Always remain close to people who convey positivity in you. Such people can lessen your stress levels to a greater scope.

# INDICATORS THAT YOU HAVE SUCCESSFULLY HANDLED STRESS

Understanding the nature of stress and identifying the various strategies on how to deal with your stressors are essential.

However, here are some indicators that will help you determine if you are coping well with stress.

- 1. Emotional stability. Remaining calm and not being carried away by your emotions signals a healthy way of coping.
- Being tactful. Being able to express your thoughts and feelings in a nonaggressive manner indicates your capacity to handle stress.
- 3. Doing well in school. Your ability to meet all your academic requirements and get high scores show your capacity to cope with the various demands of the school.
- 4. Learning to say "no." By being firm on what you believe is right and saying "no" to peer pressure is a positive sign of being able to cope well with stress.

## PERSONAL WAYS OF COPING STRESS AMONG ADOLESCENTS

IV. WE'RE ON OUR WAY
Instruction: Identify what symptom of stress is being described in each item. Write CS if it is a
cognitive symptom, ES for emotional symptom, PS for physical, and BS for behavioral symptom.
1. Rapid heartbeat
2. Restlessness or agitation
3. Sense of loneliness
4. Neglect of responsibilities
5. Memory problem
6. Frequent colds

V. HOW FAR HAVE WE GONE
A. Instruction: For each item, write <b>EF</b> if the statement describes an emotion-focused coping and write <b>PF</b> if problem-focused.
1. It involves the use of defense mechanisms such as rationalization and projection.
2. It refers to facing the situation squarely and exerting efforts to solve problems.  3. It is usually linked to effective adjustment such as time management, study skills, and
4. This approach is manifested by the person's tendency to avoid the problem or deny that
a problem exists.  5. The tendency to rationalize to alleviate painful experience is a form of coping
B. Instruction: Encircle the letter of the correct answer.
<ol> <li>Your brain needs sufficient supply of oxygen to be able to</li> </ol>
a. think clearly
b. breathe normally
c. face challenges
<ol><li>Catharsis refers to a way of releasing pent-up emotions, and it is achieved through</li></ol>
a. Laughing
b. crying and talking
c keeping things to yourself

3. Remaining calm and not being carried away by your emotions are signs of \_

a. a healthy way of coping

C. Direction: On the space provided before each number put ${\bf CORRECT}$ if the statement is ${\bf TRUE}$ and put your ${\bf INCORRECT}$ if the statement is ${\bf FALSE}$ .					
1. Strong is the moone that the body recets to challenges and makes poonle					
1. Stress is the means that the body reacts to challenges and makes people all set to face them with weakness, inattention and less energy.					
2. Adolescents who experience low amounts of stress can experience more					
mood disorders later in life.					
3. Students do not suffer from pressure to complete daily class work and					
homework assignments, finish projects and study for exams.					
4. Financial stress may be defined as the ability to meet one's financial					
obligations, but can also include psychological or emotional effects.					
5. Any small change in the family may have a positive impact on an					
adolescent, much more those big changes.  6. Dating is a less stressful aspect of romantic relations in adolescence.					
7. An adolescent is not always confronted with the desire to "perform or					
perish".					
nightmares, irritability and fatigue are outcomes of good stress.					
10. The adolescent who experiences more positive life events are inclined to experience higher stress levels.					
emperionee ingree en eeu totolo.					

c. sadness
4. Engaging in physical activities such as walking and playing is helpful in \_

b. aggression

a. diverting attention

b. buffing emotional pain

c. both a and b

5. A first aid to deal with stress is \_\_\_\_\_.
a. talking about thoughts and feelings
b. ignoring your feelings
c. both a and b

# VI. REFERENCES

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