ANXIETY IN TEENAGERS: CAUSES AND REDUCERS

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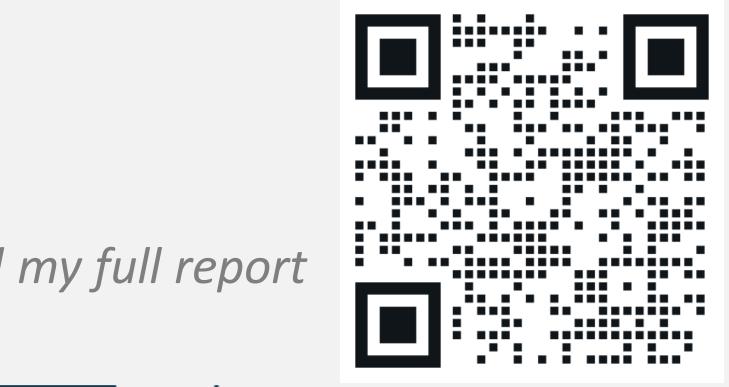


Background

Who cares? I realized I had anxiety in High School when I was always stressed and anxious even when I had no reason to be. I never understood what caused my anxiety and I wanted to learn how to reduce it.

"For many young adults, college and school are the best time of life. These critical years can also be undermined by depression, anxiety, and stress. Students who do not cope well with stress have a very drastic effect on their studies and behavior."



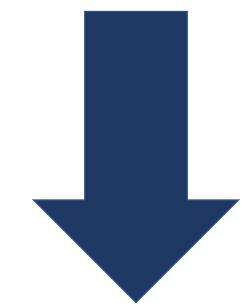






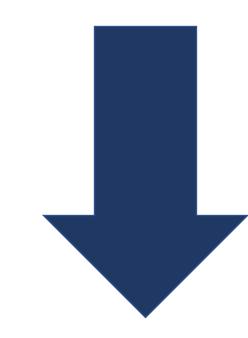
LEARNING ABOUT YOUTHS OWN ANXIETY AND HOW TO DEAL WITH IT IS THE MOST IMPORTANT THING THEY CAN DO IN THE MOMENT AND IN THE FUTURE

What is anxiety?



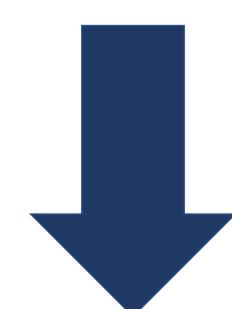
Anxiety is a "feeling of fear, nervousness or unease" that is constant and doesn't go away

What are some causes for anxiety?



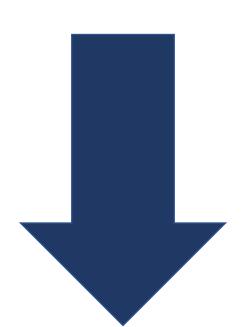
- Genetic
- Age/gender
- Family/work/ school
 - Specific factors

What are some types of anxiety?



- Generalized anxiety disorder
 - Panic disorder
 - Specific phobia
 - Social anxiety
- Separation anxiety
 - Obsessive compulsive disorder

How can you reduce anxiety?



- Cognitive behavioral therapy
- Medication
 - Support
 - Sleep
- Eat healthy / Drink water
- Find healthy ways to relax