

ANXIETY IN TEENAGERS: CAUSES AND REDUCERS

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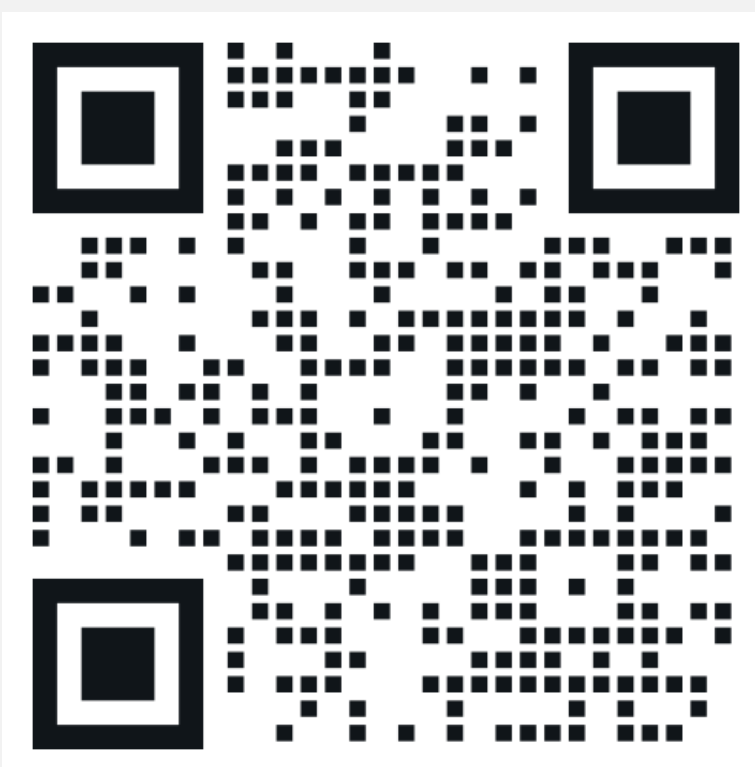
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Background

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."



Read my full report



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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

