

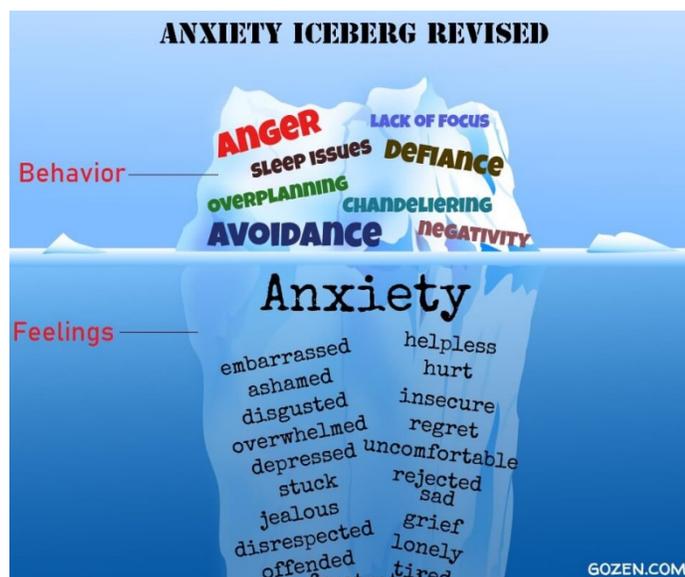
## Tips for Teens: How to Manage Stress

Have you ever tried to talk to someone (parents, friends, teachers... anyone, really) and you find yourself thinking “Are they even listening? How does no one understand what I’m trying to say?”

If you answered yes, then you are in good company! Most people can have a hard time pinpointing what is *really* going on. When life gets stressful, it can feel like you’re in a snowball fight...with a blindfold on... getting snow bombed over and over again and not knowing where it’s coming from!

Sometimes it helps to first look at what you have been *doing* to find out what you’re *feeling*.

Check out this picture about anxiety:



*Use this as a helpful tool not only for you to check in and see what you’re feeling, but also as a helpful tool for communicating with the adults in your life. Sometimes they need a little extra help understanding too.*

Whether it is COVID-19 or some other stressful situation, behaviors you see on the outside are only the “tip of the iceberg.” The feelings underneath can be so overwhelming. For example, if you notice you have been arguing a lot lately, look at the bottom of the picture...what other feelings could you be experiencing? When you identify what that is, you’ll have the words to help someone else understand. You can say something to your friend/adult in your life like, “I am so scared I won’t graduate this year. Will you help me figure out what I should do next?”

Remember you are not alone, many of us experience anxiety. Reach out to your friends, family, or other adults in your life for help. [Click here](#) for tips on talking to a trusted adult about dealing with your anxiety.

### There’s an app for that!

Have you ever felt so amped up that you thought you were going to explode? Or ever felt so numb that nothing seemed to matter? What about sleeping or eating too much or not enough? **iChill** shares with you a set of wellness skills that will help you regulate your nervous system (i.e. calm your anxiety).