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The Source of Teenage Stress

Most experts seem to agree that there is more stress today than in previous generations. Modern lifestyles such as lack of community support, less exercise, fewer family mealtimes, unstructured technology, little if any free play, less sunshine, sleep deprivation, cyberbullying, struggle for identity may be contributing factors.

An article from Health Today states, "An estimated 8.3 million American adults - about 3.4% of the U.S. population - suffer from serious psychological distress..." If this is the case, adults may not be demonstrating the healthiest role model for their kiddos.

Following are just a few suggestions that might be helpful:

- a. Make mealtime a priority, at least three times a week.
- b. Place more attention on the positive than the negative.
- c. Listen first, speak next..
- d. A method of practicing this is called, "*the talking stick*:" (a tool used in many Native American traditions...tweaking it a bit, each member shares a current issue, whereby the person with the stick shares and the others listen, without judgment or comment.)

A personal favorite is to activate the idea that your outer world reflects your inner world. Believe it or not. Are you willing to:

- a. evaluate your belief system (*what* beliefs are foundational in your subconscious)?
- b. weed the garden of your mind and pull out those negative thoughts
- c. replace them with positive and powerful ones?
- d. empower yourself?

In other words, where are you placing your power--in outer circumstances, which puts you in victim mode or looking within, which is where the power lies, taking responsibility and seeking solutions within?

Alexandra Delis-Abrams, Ph.D.
alexandra@theattitudedoc.com