



TAKE STOCK OF THE STRESSFUL EVENTS YOUR TEEN ENCOUNTERS

Go over these different situations with your teen, and work with them to find out what triggers anxiety in them:

1 = **LIGHT STRESS**: like a gentle rainfall—you can stay out in it because it's not too uncomfortable
3 = **MODERATE STRESS**: like a steady rain shower that gets you wet and that you run from to avoid getting soaked
5 = **INTENSE STRESS**: like a storm—you run from it to hide and take shelter because it's too risky

IN YOUR FAMILY

Moving

The birth of a brother or sister,
a half-brother or half-sister

Parents' separation

Parents' marriage or remarriage

Sickness or death
(in your close family, in your extended family, of a friend,
of a pet)

Medical tests

Parents' financial problems

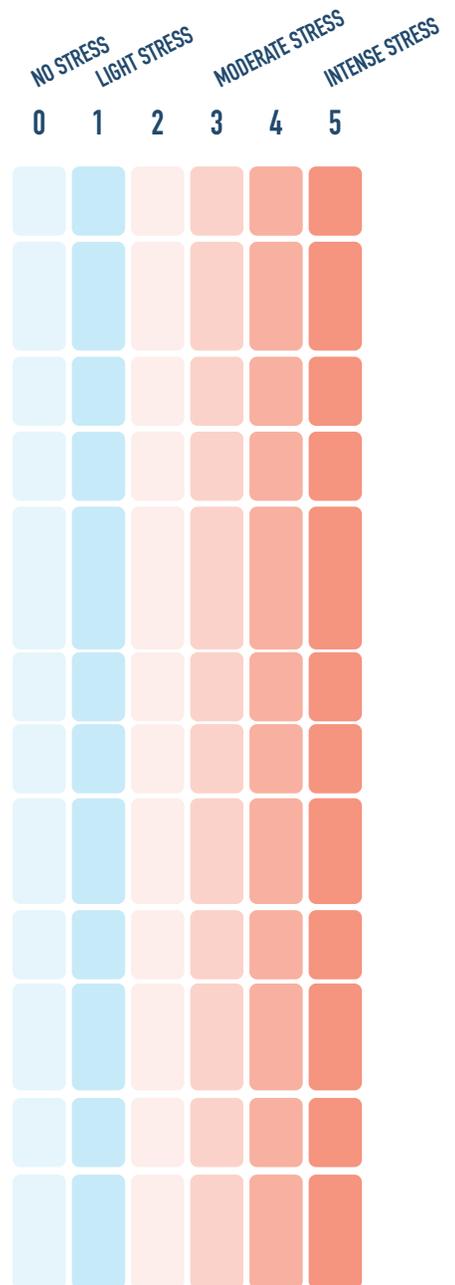
Overloaded schedules

Conflicts, violence

An unstable environment:
discipline that's too strict or too lax

Overstimulation: noise, movement, activities, screens

Pressure to perform: to be the best, to act older or more
mature, etc.





AT SCHOOL

NO STRESS 0
LIGHT STRESS 1 2
MODERATE STRESS 3 4
INTENSE STRESS 5

Being away from your parents



A new teacher



The transition from elementary to high school or from high school to CEGEP (or university)



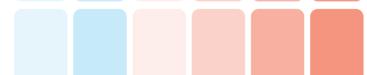
Getting a failing grade



Overstimulation (noise, movement, activities, screens)



Too many structured activities (in and out of school)



A schedule that interferes with sleep



A traumatic event: fire alarm, accident, hospitalization or death of a friend or peer



Bullying, rejection



A misunderstanding with a teacher



Arguments



A first love



Exams



Pressure to perform, adults' expectations, etc.



Remind your teen that these are fears that almost everyone feels at some point in their life and that it is essential to be aware of them and face them head-on so they don't transform into anxiety.

