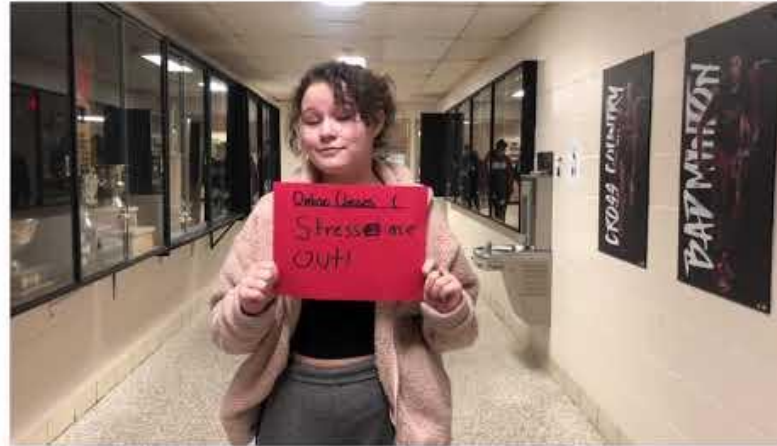




Helping our Teens to Thrive in Times of Stress





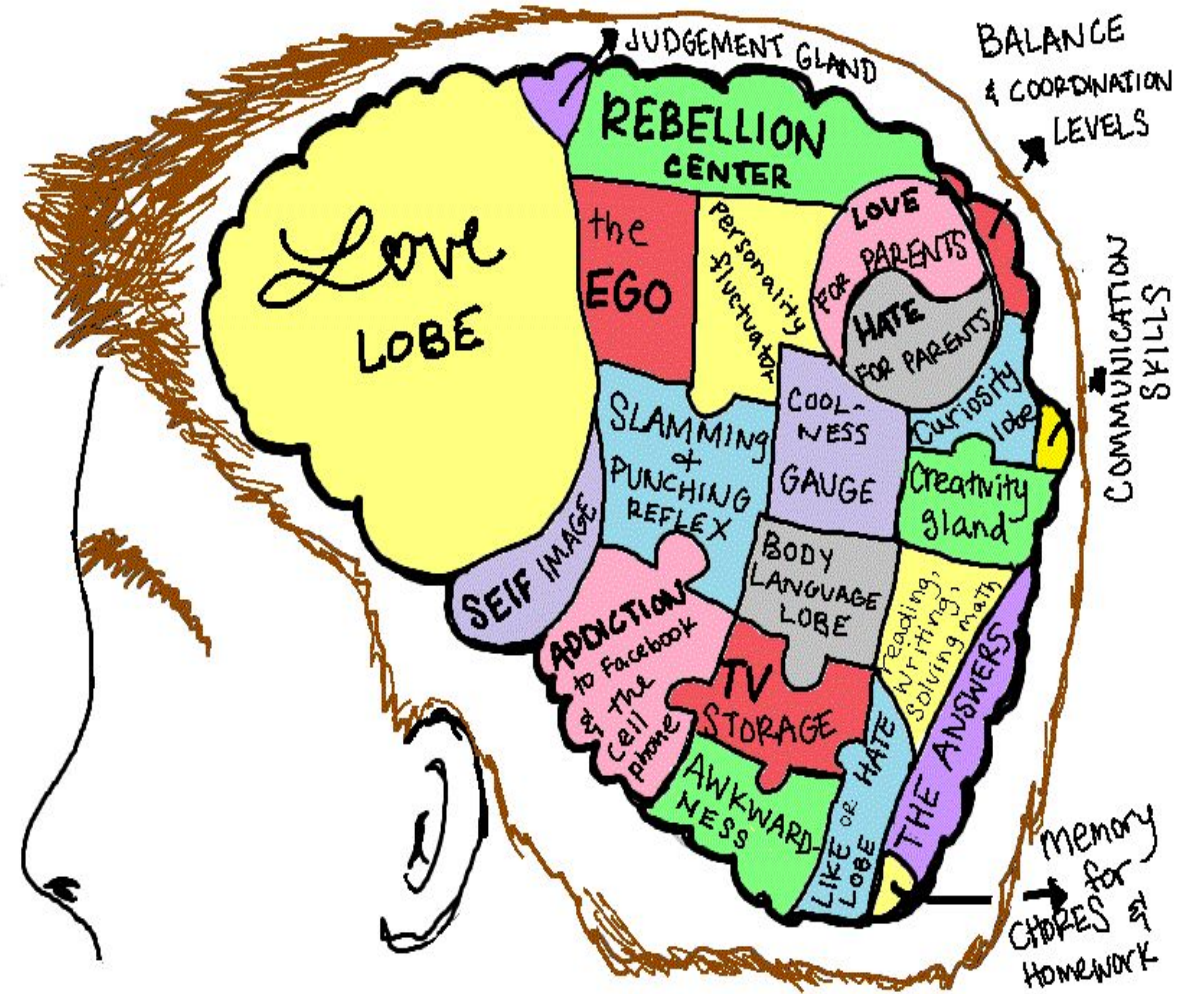
Video of Nelson students- what stresses me out

Mental Health is...

“A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity” World Health Organization



THE AVERAGE TEENAGE BRAIN



The inter-relationship of mental health states



Feeling Anxious or “Stressed” can be NORMAL

Anxiousness is an appropriate reaction to stressful or threatening situation



Anxiousness can be helpful:

- “rev up” athletes/actors and enhance performance
 - motivate students to study before an exam
 - in a dangerous situation – ‘fight or flight’



When to be Concerned



Frequency

Frequency of the anxiety



Duration

Does not disappear over time as expected



Impact

Level of interference with daily activities and well-being



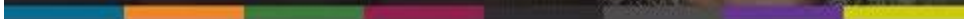
Intensity

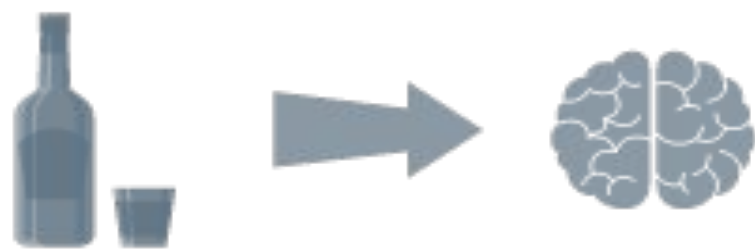
Unexpected level of upset

Anxiety disorders are categorized based on the features of the anxiety. Anxiety may be present in many forms.

An Interview with
Dr. Jean Clinton

TOXIC STRESS

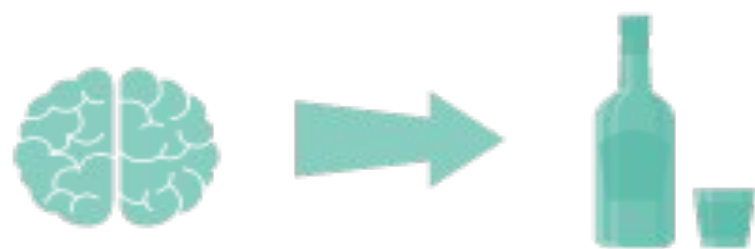




MENTAL ILLNESS MAY BE CAUSED BY OR MAY
RESULT FROM SUBSTANCE ABUSE OR



PEOPLE WHO HAVE MENTAL ILLNESS MAY SEEK
DRUGS AS A WAY TO COPE WITH THE ILLNESS



Know how to talk to your teen about cannabis



How parents can help





RESILIENCE

PERSONAL HABITS OF THOSE WHO OVERCOME



Community Resources



All Parents are Invited to Nelson's Mental Health Awareness Week Events May 6-10th

Check Nelson's website

Look for a message on the Synervoice

Ask your teen





Questions-Thoughts-Feedback

Thank You