

The purpose of the first paragraph is to reveal stats and quotes from mainstream sources about the growing struggles teens may have regarding each topic. The purpose of the second paragraph is to reveal God's perspective by seeing what the Bible says regarding each topic and how we can receive help and guidance in our life's purpose through a relationship with Jesus.

STRESS

Stress is defined by Google as a state of mental/emotional strain from adverse or demanding circumstances. Due to the stress students feel, 40% report feeling irritable/angry¹⁰⁸, 36% anxious, 36% fatigued, 31% overwhelmed, 30% depressed, 23% skip meals¹⁰⁶, 26% overeat/eat unhealthily, 35% lay awake at night¹⁰⁸ and 32% get headaches¹¹⁰. 45% are stressed "all the time"¹⁰⁷ and 31% had their stress level increase in the past year¹⁰⁶. Common causes are school, life decisions, financial concerns, relationships and more¹⁰⁸. 44% cope with online resources, 22% by talking to friends and 10% with drugs/drinking¹⁰⁷. 42% aren't sure if they do enough to manage stress and 13% never try¹⁰⁶.

The Bible says we should talk to God about our stress to receive His peace (Phil. 4:6-7). There's a difference between stress and worry (Mark 4:19) or anxiety (Prov. 12:25). Jesus experienced stress (Luke 22:44) and warned us of trouble in life (John 16:33) but offers comfort (2 Cor. 1:3-4) and strength in weakness (2 Cor. 12:9-10). For those struggling, God offers security (Ps. 61:3) and works all things for the good of those who love and follow Him (Rom. 8:28).

BIBLE VERSES TO CONSIDER

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Mark 4:19 "But the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful."

Proverbs 12:25 "Anxiety weighs down the heart, but a kind word cheers it up."

Luke 22:44 "And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground."

John 16:33 (Jesus) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

2 Corinthians 1:3-4 " Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

2 Corinthians 12:9-10 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

Psalms 61:3 "For you have been my refuge, a strong tower against the foe."

Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Psalms 94:19 "When anxiety was great within me, your consolation brought me joy."

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

John 14:1 (Jesus) "Do not let your hearts be troubled. You believe in God; believe also in me."

Philippians 4:19 "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

Hebrews 13:6 "So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

1 Peter 5:7 "Cast all your anxiety on him because he cares for you."

John 10:10 "The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full."

Matthew 6:25-27 (Jesus) "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than

clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

1 Peter 4:12 "Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you."

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Romans 8:31 "What, then, shall we say in response to these things? If God is for us, who can be against us?"

2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Job 30:27 "The churning inside me never stops; days of suffering confront me."

Romans 8:6 "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."

2 Corinthians 4:8-10 "We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body."

Matthew 19:26 "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

Isaiah 40:31 "Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."

STATS & QUOTES TO CONSIDER

Teens report that their stress level during the school year far exceeds what they believe to be healthy.

Many teens also report feeling overwhelmed (31%) and depressed or sad (30%) as a result of stress. More than one-third of teens report fatigue or feeling tired (36%) and nearly one-quarter of teens (23%) report skipping a meal due to stress.

31% of teens say their stress level has increased in the past year.

Nearly half of teens (42%) report they are not doing enough or are not sure if they are doing enough to manage their stress and more than 1 in 10 (13%) say they never set aside time to manage stress.

On average, teens report sleeping far less than the recommended amount.

Though people say they experience positive benefits from exercise, such as a better mood and less stress, 1 in 5 teens (20 percent) report exercising less than once a week or not at all.

Of the 23% of teens who report skipping a meal in the past month due to stress, 39% say they do this weekly or more.

The adolescent brain is extraordinarily sensitive to stress. – Laurence Steinber

In a recent poll that asked tens of thousands of high school students how often they feel stressed, nearly 45% said “all the time,” citing relationships and teachers as the primary reasons why. (2018)

When asked what resources they use to help manage their stress, teens responded that online apps and resources were their most likely source of help (44.04%)

Most teens seek to cope with stress by talking to friends (22.43%), while the fewest turn to drugs or drinking (10.79%).

Over one-third of teens (34.53%) responded that they do “nothing” to try to manage their stress.

For teens, the most commonly reported sources of stress are school (83%), getting into a good college or deciding what to do after high school (69%), and financial concerns for their family (65%).

Many teens report lying awake at night (35%), overeating or eating unhealthy foods (26%), and skipping meals (23%) due to stress in the past month.

40% of teens report feeling irritable or angry, 36% report feeling nervous or anxious, 36% report feeling fatigued or tired, and 31% report feeling overwhelmed due to stress in the past month.

Teen stress and anxiety is a growing epidemic. One-third of adolescents report feeling anxiety to a significant degree, according to the National Institute of Mental Health.

And there's more to school-related stress than just classwork. High schoolers are dealing with anxiety around their relationships, which is often exacerbated by social media.

"Social stress is a real thing," Dr. Gurwitch says. "It's so important for teens to have at least one trusted adult in their circle that they can talk to and determine if this is a blip or something more severe," she says.

59% report that managing their time to balance all activities is a somewhat or very significant stressor.

40% say they neglected responsibilities at home because of stress; 21% say they neglected work or school because of stress.

32% say they experience headaches because of stress; 26% report changes in sleeping habits.

26% report snapping at or being short with classmates or teammates when under stress.