

Signs

your teen is stressed



Changes in behaviour

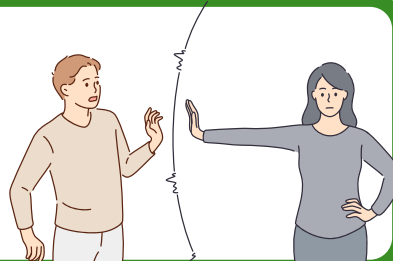
Increased irritability,
moodiness, or aggression



Loss of interest in activities
they once enjoyed



Low social interaction



Difficulty in making or
maintaining friendships



Increased conflict or
tension with peers



Academic problems

Decline in academic performance



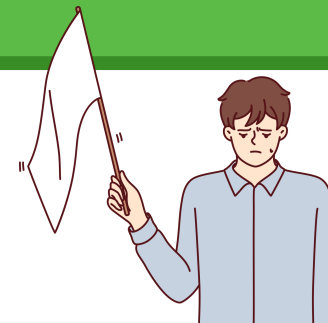
Avoiding schoolwork or sudden disinterest in school



Frequent absence or tardiness



Fear of failure and perfectionism



Emotional signs

Increased anxiety or worry



Frequent mood swings or crying spells



Expressing feelings of worthlessness



Neglecting personal hygiene or appearance



Reduced interest in grooming or dressing

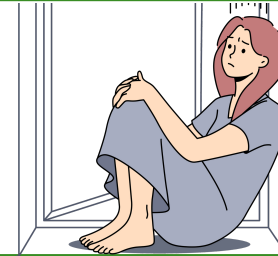


Physical symptoms

Frequent aches without any medical cause



Complaints of fatigue or exhaustion



Significant changes in appetite



Sudden weight loss or gain



Unhealthy coping mechanisms

Substance abuse (alcohol, drugs, or smoking)



Engaging in self-harm or risky behaviour



Communication clues

Expressing feelings of being overwhelmed or stressed in conversations



Sharing concerns or worries about school, social life, or other aspects of their life



**Stress has no age.
Address stress by addressing overall wellbeing.**



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



Email support



Newsletters



Branded comms



Monthly reports