

Youngsters Stress: Causes and Tips to Deal with It

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Abstract: *Stress is how we respond when we feel under pressure or threatened. It usually happens when we are in such a situation that we are not able to manage or control the situation. The teenage years are ripe with new experiences, opportunities and challenges. Also, during this time, youngster brains are in developing stage and they want more independence and autonomy. But there are various factors which increases the stress among youngsters. At present stress is very common in youngsters. Pressure on students by parents and teachers in competitive world leads to mental health issues sometimes severe health problems. In the present paper there is an attempt to discuss stress as well as stress management tips so that youngsters can deal with the problems related with various health issues.*

Keywords: Stress, Mental Health, Stress Management

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