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# YOUR CHILD'S HEALTH

*Presented by the medical professionals at Midcoast Pediatrics*

## Teen Stress

Teen stress is an important problem that should be addressed as part of a child's whole healthcare plan. Just as there are many causes for adult stress, there are many causes for teen stress. Stress can come from home, school, peers, or negative self-talk. The body responds to stress by releasing adrenaline and cortisol, speeding up the heart, breathing rates, blood pressure, and metabolism. While this can be quite effective on the soccer field, too much stress over a prolonged period of time can weaken the body and make the immune system less effective. Teach teens to keep from over-scheduling, to get plenty of rest, and to practice relaxation and coping techniques in response to stress.

**We understand it's not always easy to be a teen and, to that end, we provide a supportive and welcoming environment for our teen and pre-teen patients. We also encourage and support parent-teen communication. For more information, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.**

*P.S. Sometimes it's a matter of perspective—teach kids to see change and stressors as natural life challenges and that goals can be met with persistence.*

[www.midcoastpediatricspa.com](http://www.midcoastpediatricspa.com)