

Teen Stress Resource Guide

Suggested Reading for Parents, Adults and Teens

List curated by the members of Princeton's Youth Advisory Committee

[Where You Go Is Not Who You'll Be: An Antidote to the College Admissions Mania](#), by Frank Bruni.

["Part 1: 'No worse fate than failure': How pressure to keep up is overwhelming students in elite districts."](#) by Karen Ann Cullotta, Karen Berkowitz, Kimberly Fornek and Suzanne Baker, Chicago Tribune, November 13, 2017.

The first of a three part series on student stress in specifically very elite schools and the mindset of the issue. Offers solutions in terms of what the schools can do to reduce stress.

["Educators Look to Parents and Communities To Help Reduce Student Stress."](#) by Tim Walker, NEA Today, September 16, 2016.

Explains the various stressors that exist at schools and how they are exacerbated in school policies. Describes what Millburn High School, another high achieving NJ high school has done to reduce stress, including possible community events for youth.

["Teen stress: What parents can do for high schoolers under pressure,"](#) by Cheryl Stritzel McCarthy, Chicago Tribune, September 3, 2015.

Describes the issue of academic pressures and stress faced by students, and offers tangible ways that parents can help students who are stressed.

["The growing teen epidemic: Stress,"](#) by Michelle Maideberg, The Hill, January 4, 2017.

Science-based explanation of the most common, maladaptive ways that teens cope with stress and behaviors to look for.

["Students: 10 ways to beat stress,"](#) by Nane Steinhoff, The Guardian, November 6, 2013.

A simple list of ten ways to reduce the stress levels of students including diet and effective studying techniques that are often overlooked.

[“Teen Stress: What Parents Need to Know,”](#) Grown & Flown.

A short list of 10 ways that parents can help reduce the stress in their teen’s life. (For example, telling teens how hard adults had it when they were in school does not aid in relieving any stress at the moment.)

[“Identifying Signs of Stress in Your Children and Teens,”](#) American Psychological Association.

A short article for parents or adults to help identify signs of stress in youth.

[“Why are more American Teenagers than ever suffering from severe anxiety?: Parents, therapists and schools are struggling to figure out whether helping anxious teenagers means protecting them or pushing them to face their fears,”](#) by Benoit Denizet-Lewis, The New York Times, October 11, 2017.

This article follows the story of Jake, a high achieving teenager who ends up in an outpatient program because of the stress of managing academics and extracurriculars.