

# TAMING THE STRESS MONSTER IN ADOLESCENCE

Everyone experiences stress. It's our brain's way of letting us know we are under threat and need to act. When we were cave people, this was pretty useful for fighting off saber tooth tigers. Our brains release chemicals like cortisol and noradrenaline to help us to

**FIGHT, FLIGHT** or **FREEZE**

These days, there aren't many tigers about but lots of other things make us feel under threat and **STRESSED**.



## SYMPTOMS OF STRESS



## WAYS TO STRESS LESS

