

What is Anxiety?

Anxiety disorder is a condition where everyday worry or fear becomes overwhelming, persistent, and difficult to control. When anxiety builds up over time, it can interfere with teens' daily life, relationships, and emotional well-being.

With constant pressure from school and peers, anxiety is the most commonly diagnosed mental health condition among teens.

**You are not alone;
help is available.**

The TeenSpace

The TeenSpace is a student-led organization dedicated to transforming teen mental health through awareness, empathy, and action. We create a safe and supportive platform where teens can share stories, access helpful resources, and connect with others who get it.

The TeenSpace is your space and your voice. You can reach out to us with the information below.

Let's grow together.

Contact Us

✉ theofficialteenspace@gmail.com

🌐 theteenspace.org

Anxiety & Stress

**How Chronic Stress Affects
Teen Mental Health &
Substance Use**



 **TeenSpace**
Your Space. Your Voice.



TeenSpace

Anxiety, Mental Health, and Substance Use

Anxiety can lead to irritability and trouble concentrating, which can make it harder for teens to manage school, relationships, and daily responsibilities. When teens feel overwhelmed, some may turn to substances to cope. While it may numb stress temporarily, it does not address the root cause and can lead to dependence.

Managing Anxiety

- Focus senses: 5 visible, 4 audible, 3 sensible, 2 scents, and 1 thing you can touch
- Relaxation techniques like meditation and yoga can help ease anxiety
- Keep track of your personal life to identify what's causing your stress

Teens facing chronic anxiety are

60% likely

to have concurrent symptoms of depression if support is not provided

Moving Forward

Your experiences matter, but they do not define your future. With support and time, it is possible to learn coping skills, find balance, and build a life filled with hope.



How to Help

Helping teens struggling with chronic anxiety or stress starts with creating a safe, nonjudgmental space where they feel heard and understood. Encourage healthy habits like sleep, exercise, and balanced nutrition, which can reduce anxiety symptoms. Consistent encouragement, patience, and open communication can make a significant difference in their ability to manage stress.

Resources

Crisis Text Line: Text CONNECT to 741741 (free, confidential, 24/7)

Child Mind Institute: childmind.org

