

# *NHS PTSA PARENT EDUCATION NIGHT:* **STUDENT STRESS AND ACADEMIC PRESSURE**



*We will begin in a few minutes.*

*If you have any questions, please write to us by clicking the Q&A icon at the bottom of your screen.*





Mary Anne,  
*Executive Director at OCAPICA*



Rebecca Park, MSW





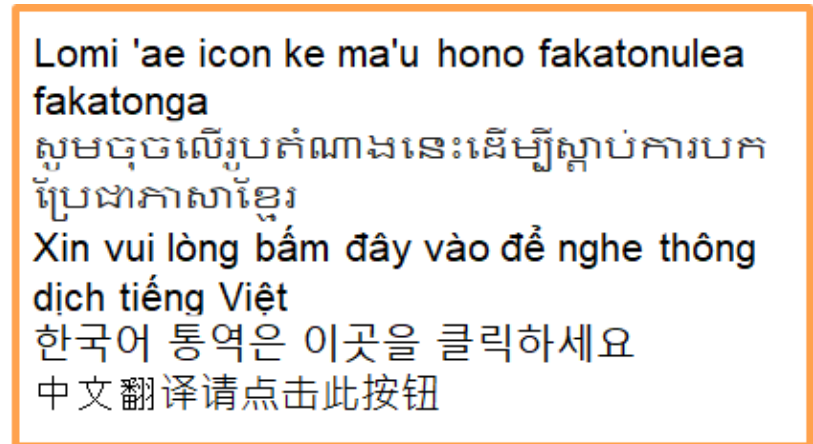
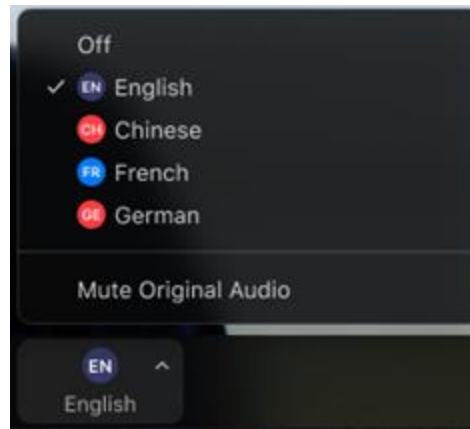
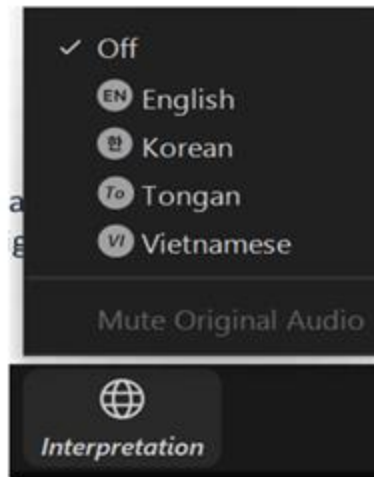
# INTERPRETERS

**Korean: Sara Kim, OCAPICA and NHS Parent**

**Mandarin: Mr. Hon Chan, NHS Parent**

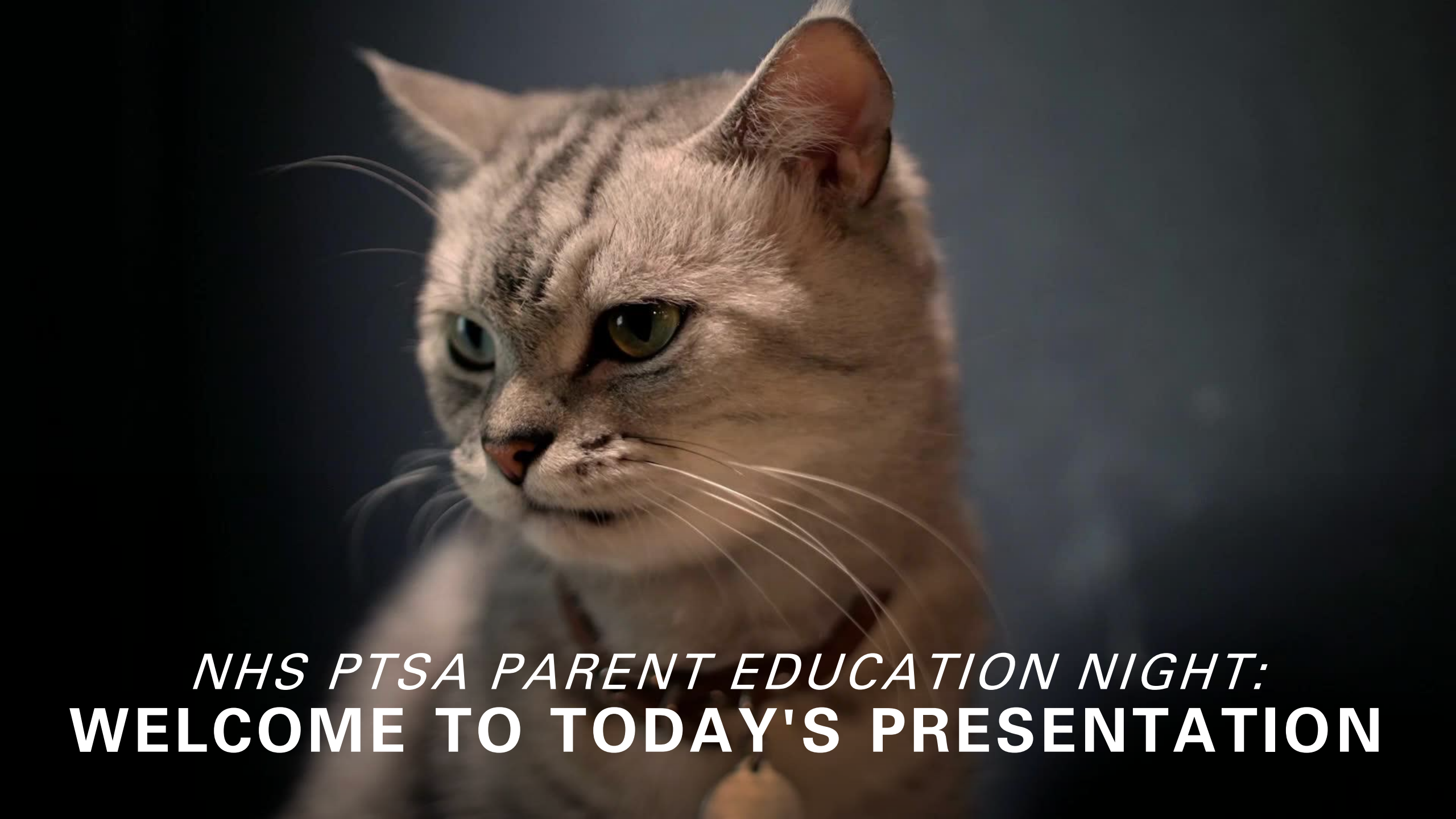
# INTERPRETATION INSTRUCTIONS

1. On the bottom bar of your screen, click on the button that reads "interpretation".



2. Click on the desired language. You will now hear the interpreter speak in your language.
3. (Optional) If you would like to hear only the language speaker, please click "mute original audio" to mute English speakers.

\*If you have further questions, please type in a Q&A to communicate with us!



*NHS PTSA PARENT EDUCATION NIGHT:*  
**WELCOME TO TODAY'S PRESENTATION**



# AGENDA

- Introductions
- What is a Teenager?  
What is Mental Health?
- Teenage Stress
  - Academic Stress
- Self-Harm & Suicide
- Parental Support
- Coping Strategies
- Resources





## INTRODUCTIONS

Orange County Asian  
and Pacific Islander  
Community Alliance

12912 Brookhurst St, Ste 400  
Garden Grove, CA 92840  
Toll Free : (844)-530-0240  
Main Office: (714)-636-9095

# WELL(NESS)ESSITY

MENTAL HEALTH WELLNESS

Prevention AND Early Intervention-  
Outreach & Engagement

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Well(ness)essity

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graph TD; A[Well(ness)essity] --> B[Wellness education (group or individual) via ZOOM]; A --> C[Short-term therapy & case management via Telehealth]; A --> D[Support groups via Telehealth]; A --> E[Referrals and linkages];
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The diagram is an organizational chart with a central top box labeled 'Well(ness)essity'. A horizontal line extends from the bottom of this box, with four vertical lines descending from it to connect to four separate boxes below. Each of these four boxes contains a specific service offering. The boxes are styled with a green-to-white gradient and rounded corners.

Wellness education  
(group or individual)  
via ZOOM

Short-term therapy  
& case management  
via Telehealth

Support groups via  
Telehealth

Referrals and  
linkages

WHAT IS A  
TEENAGER?



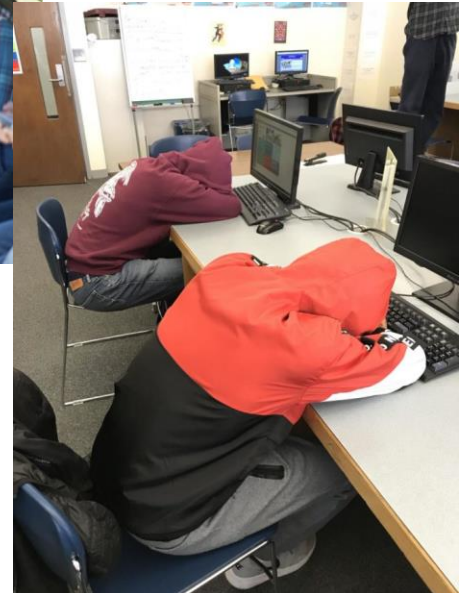


# WHAT IS A TEENAGER?

## Expectation



## Reality



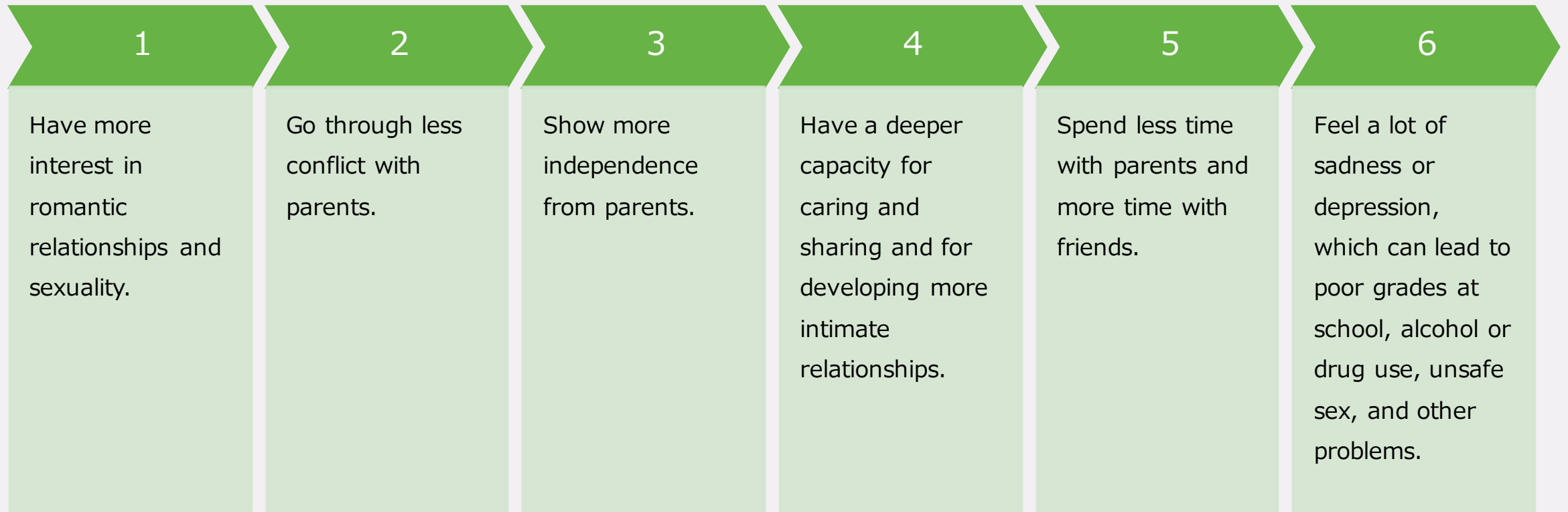
# WHAT IS A "TEEN"?

- Ages 15-17
- This is a time of changes for how teenagers think, feel, and interact with others, and how their bodies grow.
- During this time, your teen is developing her/his unique personality and opinions.





# EMOTIONAL/SOCIAL CHANGES



# THINKING AND LEARNING

1

Learn more defined work habits.

2

Show more concern about future school and work plans.

3

Be better able to give reasons for their own choices, including about what is right or wrong.





WHAT IS MENTAL HEALTH?

# WHAT IS MENTAL HEALTH?

## Mental Health

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- It also helps determine how we handle stress, relate to others, and make healthy choices.

## Mental Illness/Mental Disorder

- Mental illness is different to mental health.
- Mental illness includes a range of conditions for which there are standard criteria used to diagnose them, such as depression, anxiety and substance use disorders.
- A mental illness significantly affects how a person feels, thinks, behaves and interacts with other people.



# MENTAL HEALTH

- Poor mental health  $\neq$  mental illness.
- It's important to remember that a person's mental health can change over time, depending on many factors.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.





# TEENAGE STRESS

# STRESS

Stress affects everyone.

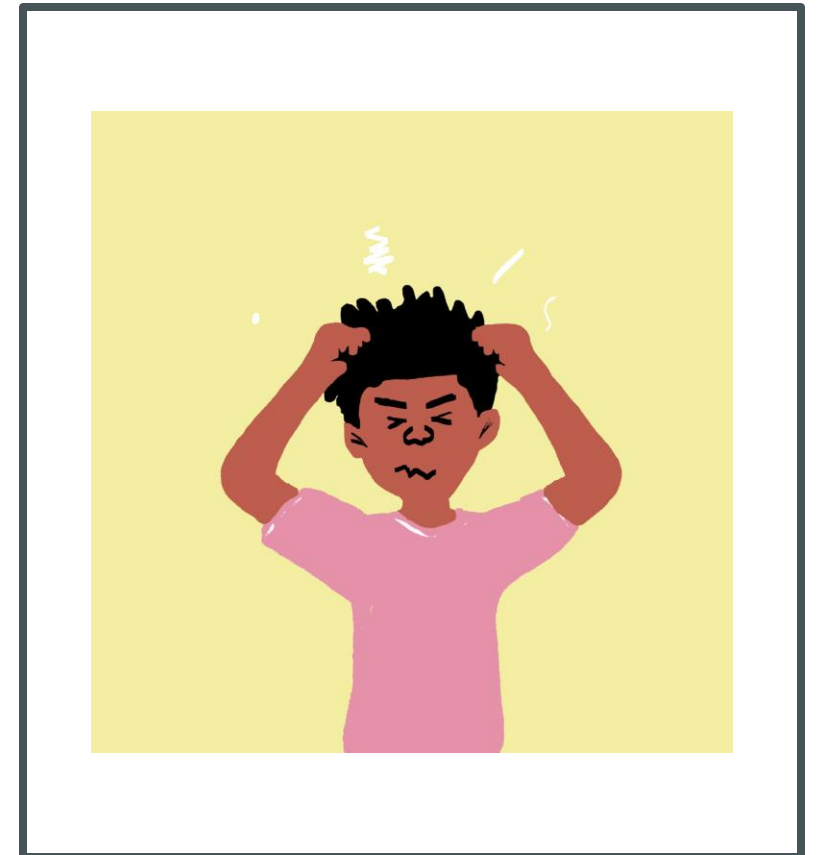
Not all stress is bad.

However, long-term stress can harm your health.

# STRESS ON PHYSICAL AND MENTAL HEALTH

Chronic stress can disturb the immune, digestive, cardiovascular, sleep, and reproductive systems.

Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.





# STRESS ON PHYSICAL AND MENTAL HEALTH



Over time, continued strain on your body from stress may contribute to **serious health problems**, such as **heart disease**, **high blood pressure**, **diabetes**, and other illnesses, including **mental disorders** such as **depression** or **anxiety**.

# TEENAGE STRESSORS

COVID-19  
distance/online  
learning

Problems with  
friends and/or  
peers

Chronic illness or  
severe problems in  
the family

Taking on too many  
activities or having  
too high  
expectations

School demands  
and frustrations

Negative thoughts  
or feelings about  
themselves

Lack of life skills

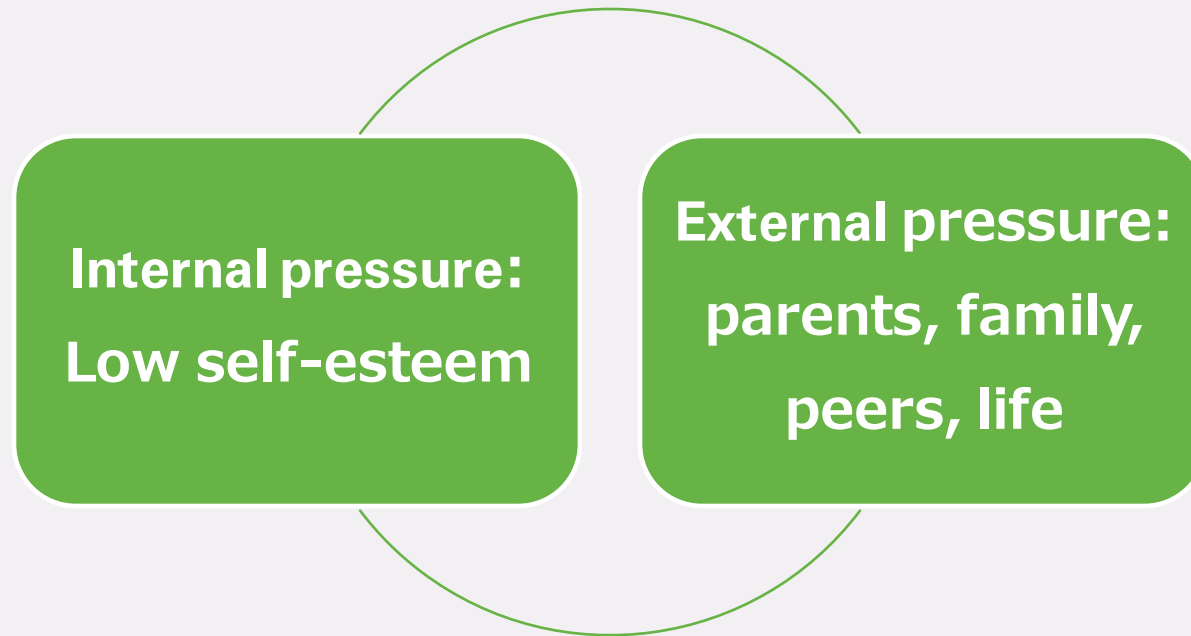
Lack of sleep

Changes in their  
bodies

Impact of social  
media

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# ACADEMIC STRESS





# INTERNAL PRESSURE (LOW SELF-ESTEEM)

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Negative thoughts or feelings about themselves:

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Worthlessness

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Hyper-criticism of self

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Self-hatred, self-blame

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Inferiority in comparison to others

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Negative self-judgment

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Inability to accept compliments as genuine

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Inability to acknowledge positive qualities of self

# EXTERNAL PRESSURES

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Parents' expectations and/or demands

---

Family expectations

---

Peer academic performance

---

School expectations

---

College/university expectations

---

COVID-19 distance/online learning

---

Life: relationships, careers, ambitions, goals, etc.



# IMAGINE A SODA BOTTLE.


EVERY TIME YOU FEEL STRESSED, ANGRY, SAD,  
FRUSTRATED, DISAPPOINTED, GUILTY,  
EMBARRASSED, ETC., YOU SHAKE THE SODA  
BOTTLE.





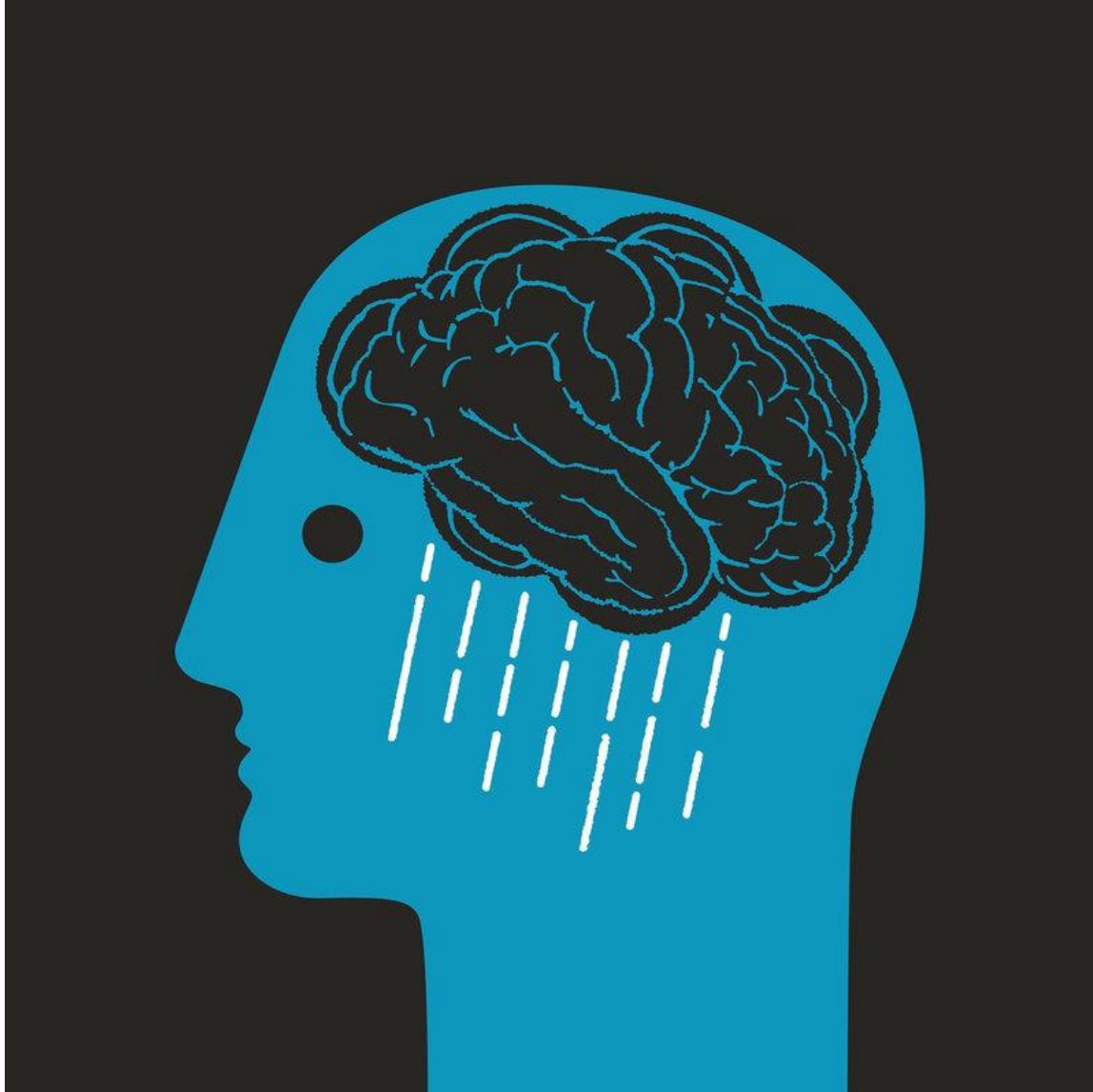
# WHAT HAPPENS WHEN YOU OPEN IT?

IT EXPLODES!

A close-up photograph of a vibrant red cardinal perched on a weathered wooden post. The bird is facing right, with its black face and beak clearly visible. The background is a soft, out-of-focus forest scene with warm, golden-brown tones.

# SELF-HARM AND SUICIDE

Disclaimer: The following section contains sensitive topics that may make some people feel uncomfortable. If at any point you want or need to exit or mute, please feel free to do so.



## SELF-HARM SELF-INJURY

- When a person hurts his or her own body on purpose.
- The injuries may be minor, but sometimes they can be severe.
- They may leave permanent scars or cause serious health problems.



Cutting	Cutting yourself (such as using a razor blade, knife, or other sharp object to cut your skin)
Punching	Punching yourself or punching things (like a wall)
Burning	Burning yourself with cigarettes, matches, or candles
Pulling	Pulling out your hair
Poking	Poking objects through body openings
Breaking	Breaking your bones or bruising yourself

# SELF-HARM IS NOT A MENTAL DISORDER

- It is a behavior - an unhealthy way to cope with strong feelings.
- However, some of the people who harm themselves do have a mental disorder.
- People who harm themselves are usually not trying to kill themselves.
- But they are at higher risk of attempting suicide if they do not get help.

# WHY DO PEOPLE HARM THEMSELVES?

- There are different reasons why people harm themselves.
- Often, they have trouble coping and dealing with their feelings.

They harm themselves to try to

- Make themselves feel something, when they feel empty or numb inside
- Block upsetting memories
- Show that they need help
- Release strong feelings that overwhelm them, such as anger, loneliness, or hopelessness
- Punish themselves
- Feel a sense of control



# HOW CAN I HELP SOMEONE WHO SELF- HARMS?

- If someone you know is self-harming, it is important not to be judgmental.
- Let that person know that you want to help.
- If the person is a child or teenager, ask him or her to talk to a trusted adult.
- If he or she won't do that, talk to a trusted adult yourself.

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# SUICIDE

- Suicide is when someone dies on purpose.
- The idea that a teen could be thinking about ending that life might be hard for their friends, families, or other people in their community to believe.
- Before attempting to take his or her own life, a teen may have thoughts of wanting to die.



# WHY DO TEENS CONSIDER SUICIDE?

- The reasons behind a teen's suicide or attempted suicide can be complex.
- The teen years are a stressful time and filled with major changes.
- Strong feelings of stress, confusion, fear, and doubt may influence a teen's problem-solving and decision-making.
- He or she may also feel a pressure to succeed.

# WHAT ARE THE WARNING SIGNS OF SUICIDE?

- Talk about suicide or death in general
- Give hints that they might not be around anymore
- Talk about feeling hopeless or feeling guilty
- Pull away from friends or family
- Write songs, poems, or letters about death, separation, and loss
- Start giving away treasured possessions to siblings or friends
- Lose the desire to take part in favorite things or activities
- Have trouble concentrating or thinking clearly
- Have changes in eating or sleeping habits
- Engage in risk-taking behaviors
- Lose interest in school or sports





# PARENTAL SUPPORT

# PARENTS ARE THE EXPERTS OF THEIR TEEN(S)

- You know your teen(s) best.
- Like any expert, parents continue to learn.
- Parent influence depends on a trusting relationship more than a parent telling their child what to do.

# 1. SPEND TIME TOGETHER

- Try to spend some time alone with your teen each week.
- Even if your teen does not accept, they will notice that you offered.
- Get involved by managing or coaching their sports team, or by taking part in school activities.
- Or, simply attend games, concerts, or plays he or she is involved with.





## 2. LEARN TO LISTEN

- Listen openly to your teen's concerns and feelings, and share positive thoughts.
- Ask questions, but do not interpret or jump in with advice unless you are asked.
- This type of open communication may make your teen more willing to discuss their stress with you.



### 3. BE A ROLE MODEL

- Whether you know it or not, your teen looks to you as a model for healthy behavior.
- Do your best to keep your own stress under control and manage it in healthy ways.





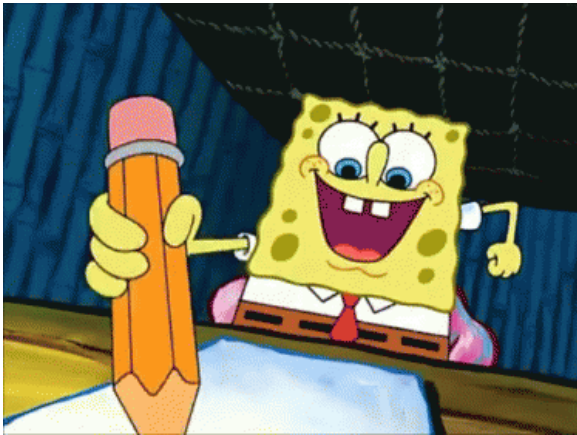
## 4. GET YOUR TEEN MOVING

- Getting regular exercise is one of the best ways to beat stress, for both adults and teens.
- Encourage your teens to find an exercise they enjoy, whether it is team sports or other activities like yoga, wall climbing, swimming, dancing, or hiking.
- You might even suggest trying a new activity together.

## 5. KEEP AN EYE ON SLEEP

- Teens need plenty of shut-eye.
- Not getting enough sleep makes it harder to manage stress.
- Try to make sure your teen gets at least 8 hours of sleep a night.
- This can be a challenge between school hours and homework.
- One way to help is by limiting screen time, both TV and computer, in the evening before bed.





## 6. TEACH WORK MANAGEMENT SKILLS

Teach your teen some basic ways to manage tasks, such as making lists or breaking larger tasks into smaller ones and doing one piece at a time.

## 7. DO NOT TRY TO SOLVE YOUR TEENAGER'S PROBLEMS

- As a parent, it is hard to see your child under stress.
- But try to resist solving your teen's problems.
- Instead, work together to brainstorm solutions and let your teen come up with ideas.
- Using this approach helps teens learn to tackle stressful situations on their own.







## 8. STOCK UP ON HEALTHY FOODS

- Like many adults, teens often reach for unhealthy snacks when they are under stress.
- To help them resist the urge, fill your fridge and cabinets with veggies, fruits, whole grains, and lean proteins.
- Skip the sodas and high-calorie, sugary snacks.

## 9. CREATE FAMILY RITUALS

- Family routines can be comforting for your teen during stressful times.
- Having a family dinner or movie night can help relieve the stress of the day and give you a chance to connect.





## 10. DO NOT DEMAND PERFECTION

- None of us does everything perfectly.
- Expecting perfection from your teen is unrealistic and just adds stress.

# COPING STRATEGIES



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# EACH PERSON COPE WITH STRESS DIFFERENTLY

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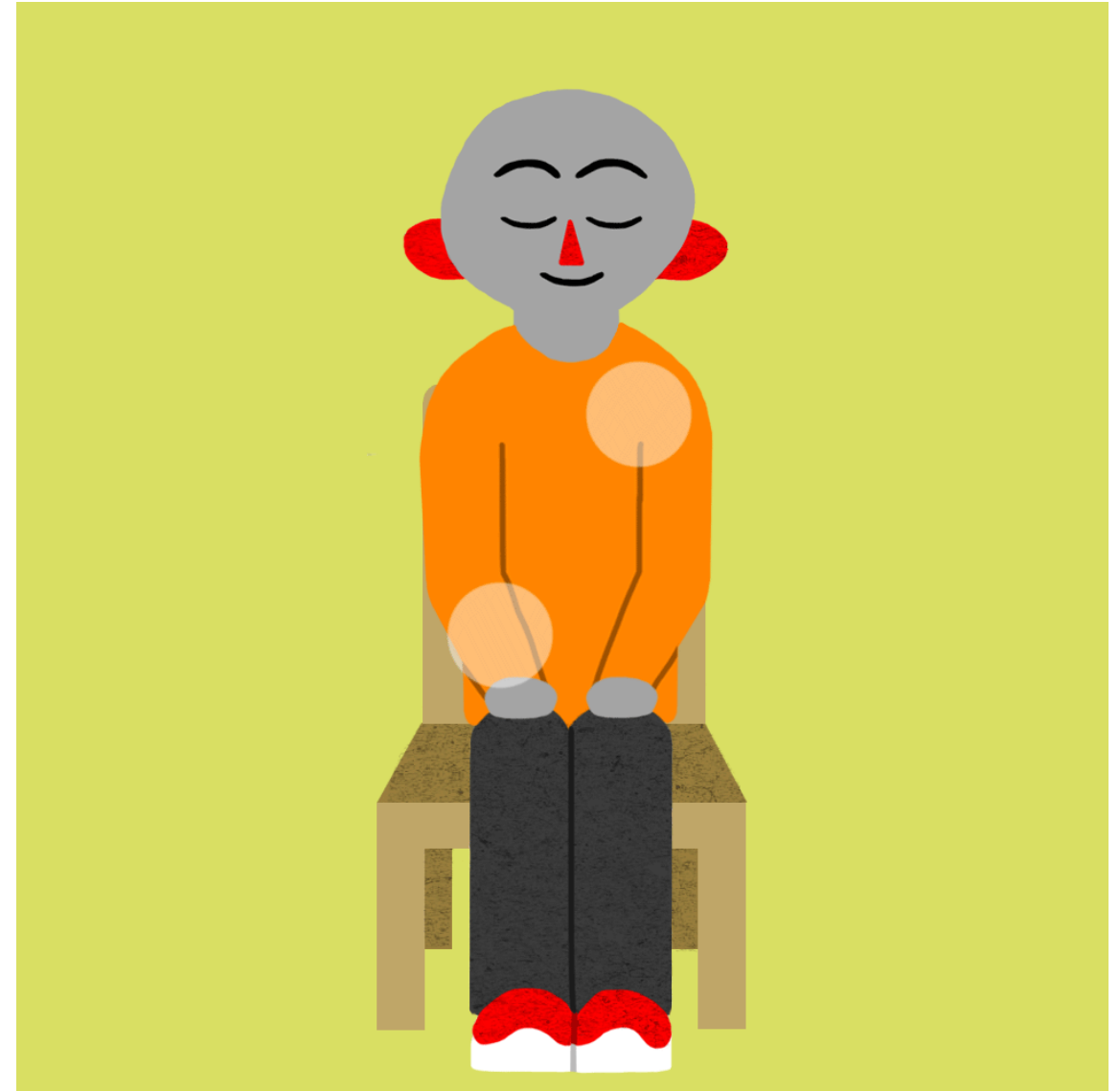
- 
- Coping strategies help reduce stress and anxiety.
  - It may take trial and error to discover what works best for you.
-

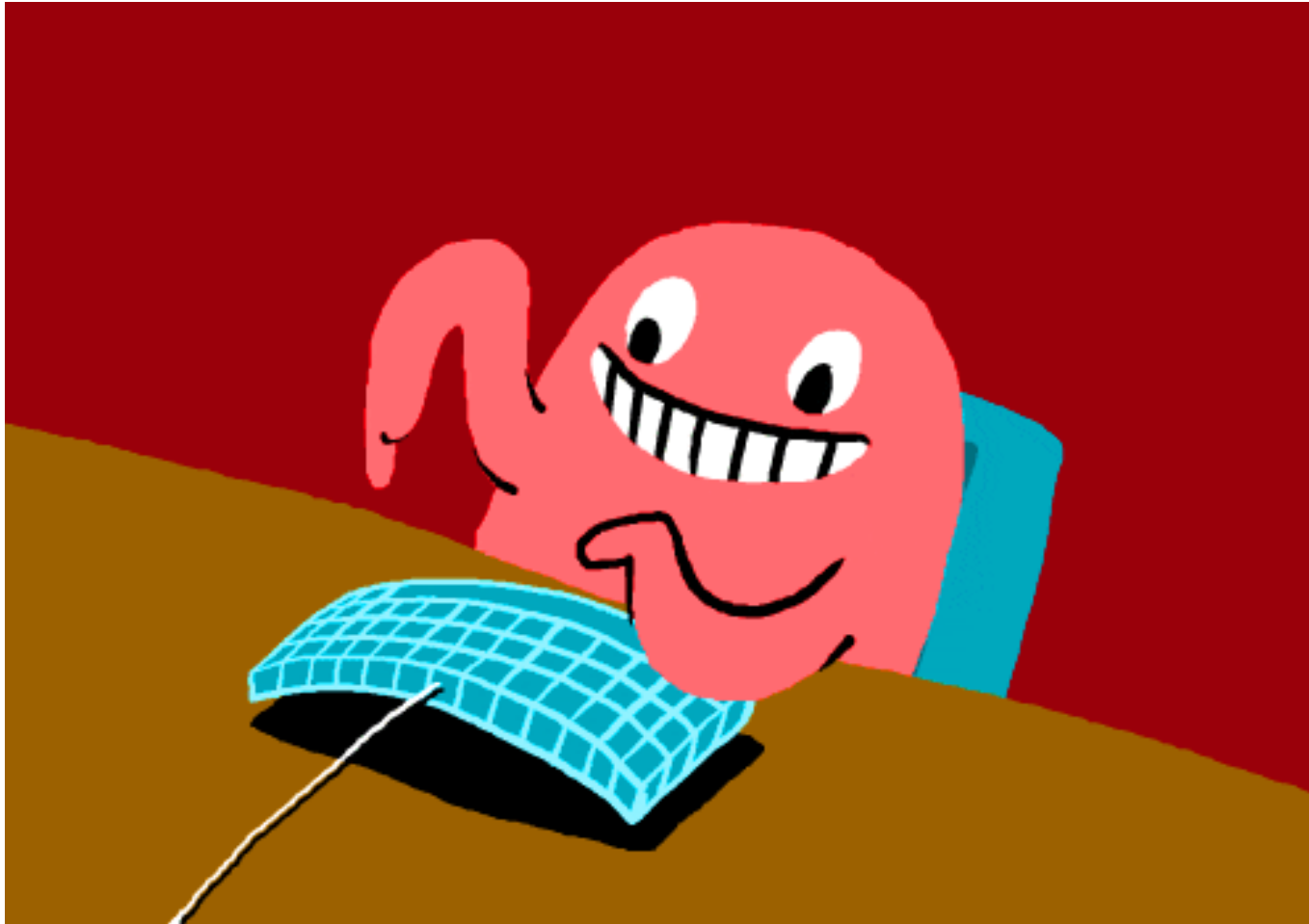




KEEP A DIARY  
OR JOURNAL

# PRACTICE RELAXATION EXERCISES





EXERCISE, AND  
MAKE SURE YOU  
ARE EATING  
HEALTHY, REGULAR  
MEALS

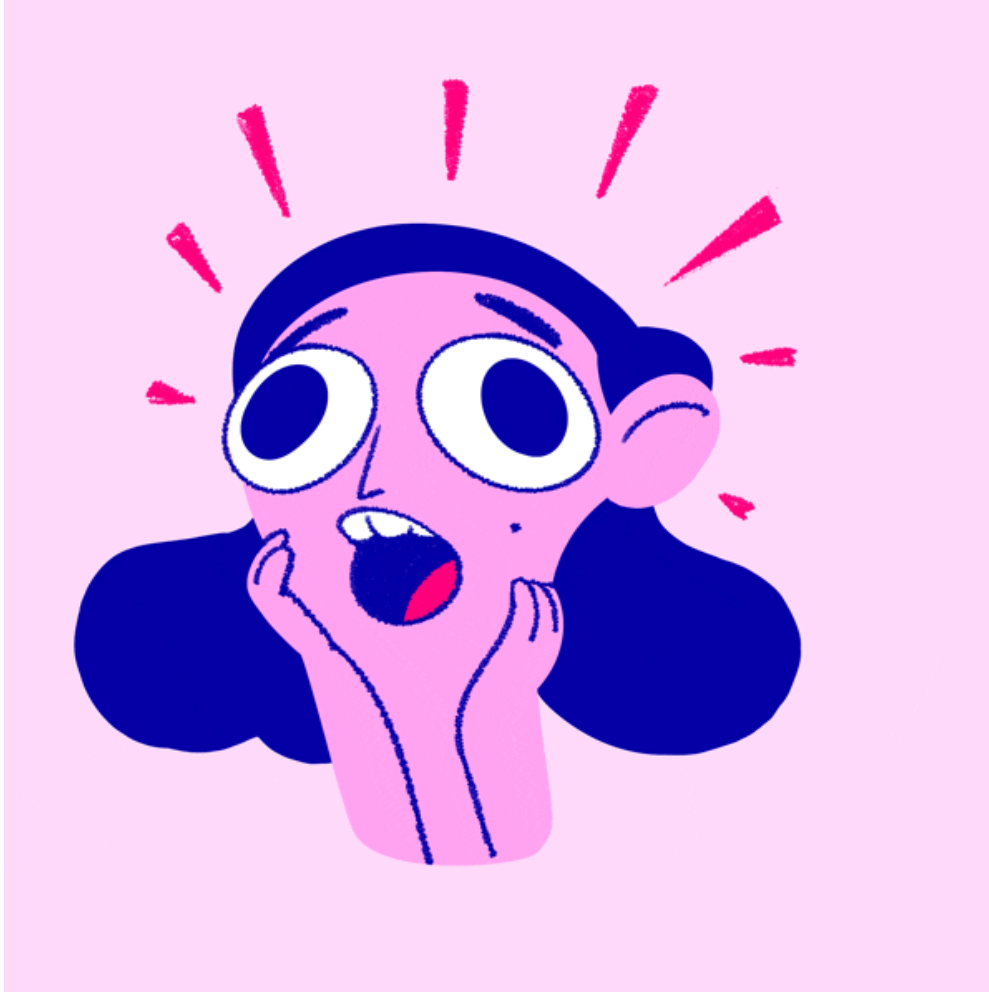


STICK TO A SLEEP  
ROUTINE, AND  
MAKE SURE YOU  
ARE GETTING  
ENOUGH SLEEP

AVOID  
DRINKING  
EXCESS  
CAFFEINE SUCH  
AS SOFT DRINKS  
OR COFFEE







IDENTIFY AND  
CHALLENGE YOUR  
NEGATIVE AND  
UNHELPFUL  
THOUGHTS.

REACH OUT TO YOUR  
FRIENDS OR FAMILY  
MEMBERS WHO HELP  
YOU COPE IN A  
POSITIVE WAY





# REMEMBER THAT SODA BOTTLE?

SO HOW DO WE OPEN THAT SHAKEN SODA BOTTLE?

# THE ANSWER TO REDUCING THAT PRESSURE

- Is to slowly, slowly, so, so slowly open the cap.
- And little by little, you release that pressure.
- Each time a parent listens to their teen, that's releasing a little bit of pressure.
- Each time a teen practices a relaxation exercise, that's releasing a little bit of pressure.
- Stress never goes away completely, but we work to reduce that pressure one step at a time.

MARY ANNE





# VOICES FROM NHS STUDENTS

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# CHALLENGE SUCCESS

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"I wish my parent knew I struggle with myself and mental health. It's difficult when they're always coming down on me and always talking about school," NHS freshman.

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"I wish my parents knew that I try my best to be a good child to them and literally one of my biggest fears is to disappoint them," Northwood HS senior.

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"I wish my parents knew that I'm trying to grow up and take on more responsibilities, but I mess up sometimes," Northwood HS senior.

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"I wish my parents knew that all the pressure they put on me causes me to have depression and anxiety, and causes me to lose motivation because I don't feel like I can reach their standards," Northwood HS junior.

# IUSD STUDENT HEALTH NEEDS

Health Issue	9 <sup>th</sup> Female	9 <sup>th</sup> Male	11 <sup>th</sup> Female	11 <sup>th</sup> Male
Sleep Deprivation	67%	51%	87%	78%
Chronic sad or hopeless feelings, past 12 months	31%	17%	40%	26%
Seriously considered attempting suicide, past 12 months	17%	12%	16%	13%

Suicide Ideation by Race/Ethnicity	Grade 9	Grade 11
Hispanic or Latino	20%	18%
American Indian or Alaska Native	19%	14%
Asian	13%	15%
Black or African American	21%	21%
Native Hawaiian or Pacific Islander	6%	20%
White	15%	12%
Mixed (two or more races)	17%	17%

# HTTPS://NORTHWOODHIGH.IUSD.ORG/STUDENTS/C HALLENGE-SUCCESS

The screenshot shows a web browser window with the URL <https://northwoodhigh.iusd.org/students/challenge-success>. The page features the Northwood High School logo and a navigation menu with links: ABOUT, OUR STAFF, ACADEMICS, ARTS, ATHLETICS, STUDENTS, PARENTS, and COUNSELING. The main heading is "CHALLENGE SUCCESS". Below it, there are four blue buttons with white text: "+ DISTANCE LEARNING RESOURCES", "+ LETTER TO OUR COMMUNITY", "+ SPACE FRAMEWORK", and "+ WELL BALANCED STUDENT NIGHT FALL 2019". To the right, a "QUICKLINKS" section is highlighted with a green circle, containing three links: "CSALT- Challenge Success Athletics Leadership Team", "Stanford School of Education: Challenge Success", and "Why Challenge Success". The browser's address bar shows the URL, and the taskbar at the bottom displays the Windows logo, a search bar, and various application icons. The system clock in the bottom right corner shows 10:27 AM on 3/8/2021.

Channel content - YouTube x The Californial School Clim x Challenge Success | Northw x Challenge\_Success\_White x Challenge Success Parent E x + -

https://northwoodhigh.iusd.org/students/challenge-success

Apps Hawaiian Card EdFinancial - Stude... Spring 2019 Teams... 2019 Tournament T... Hawaiian Airlines Optimum Property... Sports Effects for P... Ed Backdrops

**NORTHWOOD**  
HIGH SCHOOL

TRANSLATE TEXT SIZE A 15PX A STAFF INTRANET PARENT PORTAL What can we help you find?

ABOUT OUR STAFF ACADEMICS ARTS ATHLETICS STUDENTS PARENTS COUNSELING

**CHALLENGE SUCCESS**

+ DISTANCE LEARNING RESOURCES

+ LETTER TO OUR COMMUNITY

+ SPACE FRAMEWORK

+ WELL BALANCED STUDENT NIGHT FALL 2019

Like 3

QUICKLINKS

CSALT- Challenge Success Athletics Leadership Team

Stanford School of Education: Challenge Success

Why Challenge Success

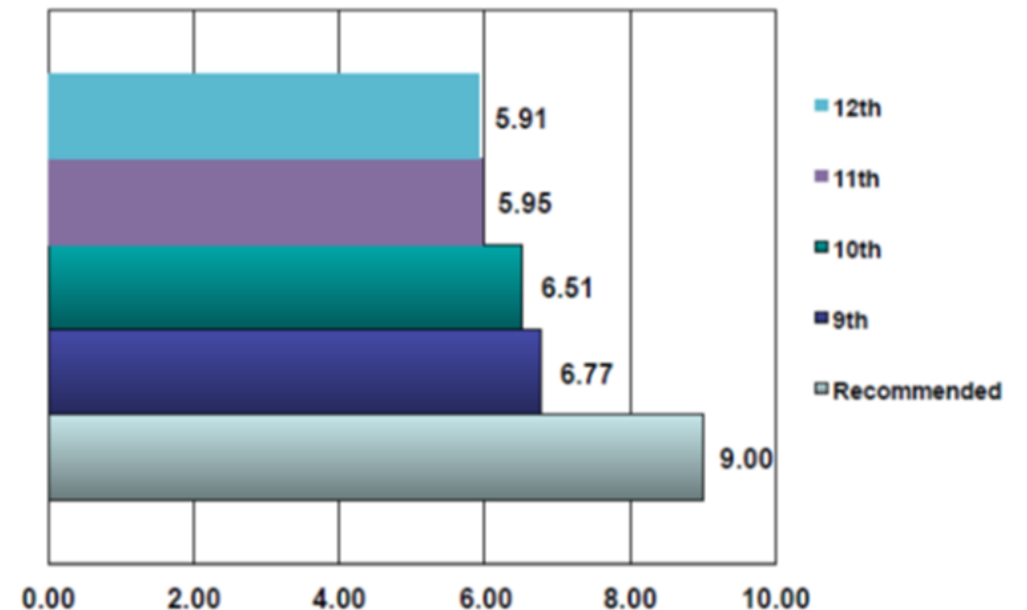
Type here to search

10:27 AM 3/8/2021

# AVERAGE HOURS OF SLEEP BY GRADE LEVEL ON A TYPICAL SCHOOL NIGHT – *CHALLENGE SUCCESS SURVEY*

Average Hours of  
Sleep per Night

6.25



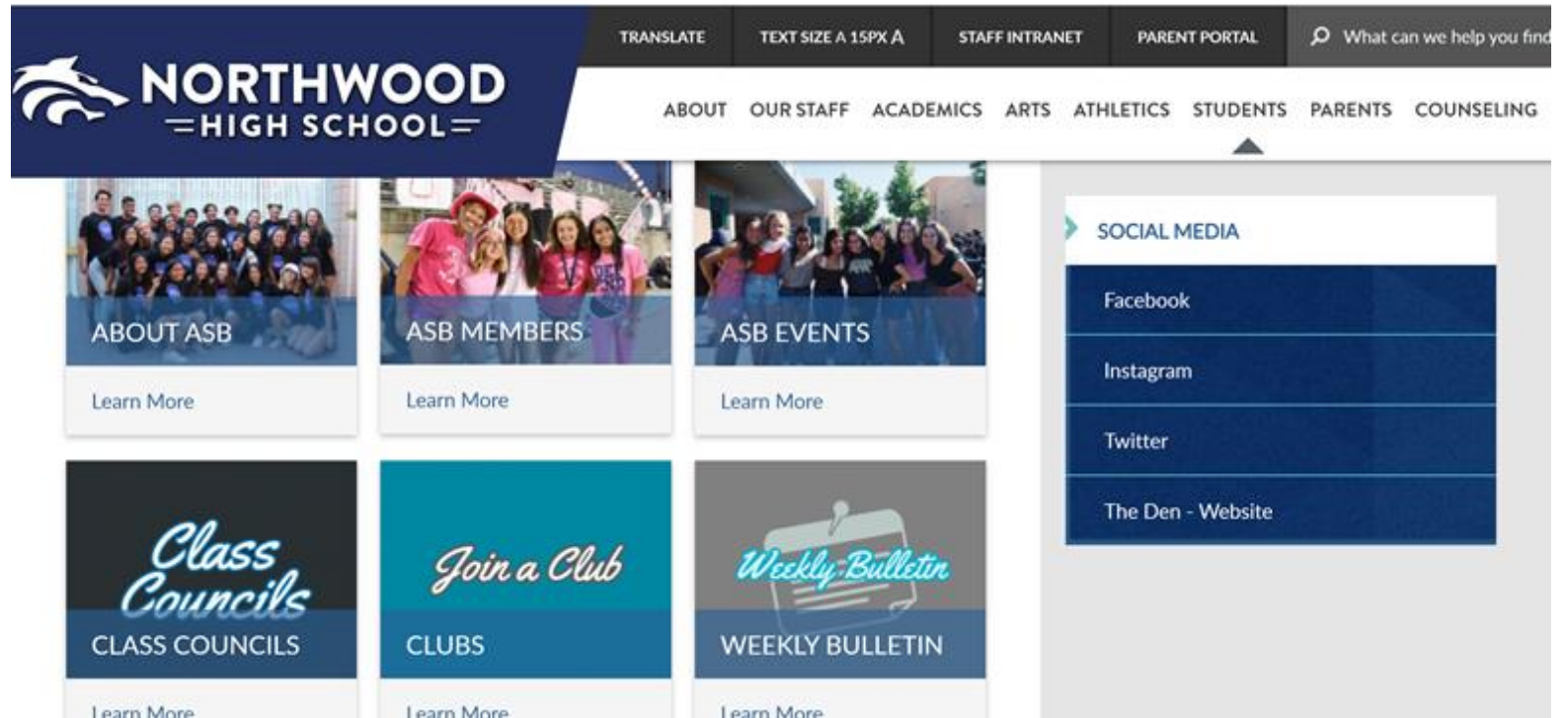
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## ADDITIONAL STRESSORS

- 
- With the pandemic, seeing even more mental health needs.
  - Isolation from the pandemic and not being able to participate in social groups.
  - Hate crimes and incidences are causing stress and anxiety.
  - Economic impact of COVID-19 on families.
  - For seniors – finding out what colleges they were accepted to.



# STUDENT AND FAMILY ENGAGEMENT



# ACCESSING RESOURCES



- If your student receives mental health support it is confidential
- If your student goes to counseling it is not on the student's record or file
- Counseling can be short term or long term
- Everyone needs mental health and wellness – when you take a walk, listen to music, sleep, or talk to someone, you usually feel better = mental wellness
- Build social support and networks



ocapica



[WWW.OCAPICA.ORG](http://WWW.OCAPICA.ORG)

714-636-9095  
GENERAL LINE

- Nonprofit organization established in 1997.
- All services are free in the areas of health, mental health, youth and education, housing, workforce development, and civic engagement.
- Speak 26 languages and serve all of Orange County



# Resources

## **OCAPICA Well(ness)essity**

M-F: 9A-5P

- 714-530-0240 or 844-530-0240

## **OC WarmLine**

24/7

- 714-991-6412 or 877-910-9276

## **OC ACCEPT**

Support for LGBTQ+

- 714-517-6100

## **Teen Line**

Text TEEN to 839863

- 800-852-8336

## **National Suicide Prevention Lifeline**

- 800-273-8255

## **Didi Hirsch Suicide Prevention Crisis Line**

(24/7)

- 877-727-4747