

Sources of stress

Stress is the body's response when it senses danger. We all experience stress and need it to function. But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



Some common sources of stress in young people:

Emotional

Peer pressure including on social media

Abuse or bullying (online or in person)

Conflicting cultural values and beliefs

Coping with uncertainty

Environmental

Discrimination based on race, sexuality, gender, or disability

Poor or unstable housing

Social isolation

Unemployment, money worries

Academic pressure



Physical

Late nights or lack of routine

Poor diet

Misuse of alcohol or drugs



Life changes

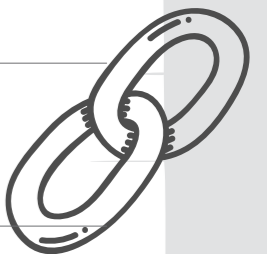
Leaving home

Changing schools, or the transition from school to university

Family or relationship breakdown

Accidents, illness or bereavement

Legal issues, arrest or imprisonment



6 in 10

young people experience levels of stress that interfere with their daily lives

If you are stressed or facing any of the issues above, you're not alone. **Support is out there.** See **self-care and support** to get started.

