

Title:

Teenage Stress And Anxiety

Word Count:

519

Summary:

Stress and anxiety levels in teenagers have drastically increased over the last few decades. A

Keywords:

teenage anxiety, stress, anxiety, treatments, herbs for anxiety

Article Body:

Stress and anxiety levels in teenagers have drastically increased over the last few decades. A

Why Teens Suffer From Anxiety

Teens, just like adults will suffer from anxiety as well as from stress from several reasons.

For the most part, teens and children who suffer from anxiety and from stress have factors in

Symptoms To Notice

Often, these conditions may be overlooked. This is common because the symptoms associated with

Symptoms of anxiety and high stress levels include:

- Feelings of uneasiness. Something just does not seem right although there may be nothing wrong
- Abdominal discomfort that does not seem to come from a physical condition
- Dry mouth
- Rapid heartbeat that is not due to physical exertion
- Dizziness
- Shortness of breath not associated with physical exertion
- Frequent need to urinate
- Tightness in the chest, sometimes escalating to true pain
- Diarrhea
- Problems with swallowing
- Insomnia
- Irritability or anger that seems unfounded
- Fear
- The feeling of just not being in control
- Inability to concentrate on tasks

Option Treatments

The treatments for high stress and anxiety affecting teenagers may include several things. Fir

Alternative

For those that are looking for an alternative treatment to teenage stress and anxiety, there a

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