



KIDS UNDER PRESSURE

What Parents of Tweens and
Teens Need to Know About
Stress, Anxiety & Depression

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About Parenting:

“When you have a teenager, it is helpful to have a dog so that someone in the house is happy to see you...”

About Parenting:

- “Not to brag, but I can make my kid angry by just saying “good morning”

What is it like to be a parent ?

- Responsible....BUT with less control
- Bigger payoffs...amazing growth and change
- Bigger consequences
- “I need you, but stay away from me...”
- Role of technology

What is it like to be a parent?

- Pressure to perform
- College/career pressure
- Parents also have careers, their own parents, marriages, and issues

The Teen Perspective

“When I am in my room too much, my parents complain. When I am out with my friends too much, my parents complain....”

What is it like to be a teenager?

- It is all about CHANGE
- It is difficult to be a teenager!
- Physical changes
- Social changes
- School changes

What is it like to be a teenager?

- College
- Career path
- Friend pressure
- Technology

Stress: What is it?

- Our collective reaction to life events
- How do you manage stress?
- What is YOUR understanding of stress?
- Your understanding=your kids understanding

Anxiety: it's not all bad news

- Thoughts/feelings about a future event
- Anxiety is adaptive and actually helpful
- Test anxiety
- Work anxiety
- Friend anxiety

When does anxiety become a problem?

- “Adaptive anxiety” can become a problem
- Has your teen switch from managing the anxiety provoking event to managing the anxiety itself?
- Are you or your teen making changes to anything to modulate anxiety?

Moods and teens: we all go for the ride

- Mood swings are VERY normal
- Teen brains versus adult brains
- The entire family is involved
- How is it handled in your house?



When does “normal teen angst” cross a line?

- How often do you find yourself thinking about your teens stress?
- What does your “parent stomach” tell you?
- Changes beyond the normal swings (this can be challenging to determine)

How can we help our teens?

- How do you handle stress?
- Coping mechanisms can be taught!
 - Schedule balance
 - Friend changes and impact
 - Structure!
 - Back to basics: eat and sleep

What if my teen needs help?

- The decision to seek help
- How can I find someone good?
- How can I convince my teen to see someone?
- Your own experience with counseling

Building a relationship: the ultimate goal

- Ongoing communication is the goal
- “take them for a ride in the car”
- Timing can be helpful:
 - Talk about stress when things are going well
 - Talk about difficult topics whenever you can

Questions

- How can I help?
- Reach out (don't hesitate!)
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