**Teen Stressors**

Your teenage years will likely be the most stressful time of your life. There are so many different pressures affecting you, so many things you need to do, so many things you want to do, so many things you can't do, so many responsibilities and limitations, and so much more! It's hard to be a teen!

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| Stressor | Where does it come from/  who causes it? | Ways of dealing with stress (+ & -) |
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