



Teen Stress *An Inside View*
Study/Discussion Guide
Expert View 1: **Generation Stress** pages 6–9

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1. The intro of this section describes a day for a hypothetical student. Have your students jot down the times and events of their typical day from waking to sleeping.
2. Ask students to list/discuss their five major points of stress.
3. Ask students to list/discuss the time they spend watching TV, chatting on line or talking on the phone.
4. Have students discuss whether they think they are more stressed or less stressed than their parents were at their age and say why they think so.
5. Choose five of the coping strategies that Dr. Goodman lists that the students think will work for them and discuss.
6. Discuss the four signs and signals of depression mentioned.

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

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