

Tips to Manage Your Fear

5/18/23

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

--Eleanor Roosevelt

Information on Fear Among Teens

Fear among teens in high school can be a complex and multifaceted experience. It is a normal experience to have fear. High school is a time of significant changes, challenges, and new social dynamics, which can contribute to heightened levels of fear and anxiety. When your fear becomes too great or overwhelming to you, it is smart to share that and ask for help to deal with it.

Here are some common aspects of fear experienced by teens in high school:

- 1. Academic Pressure:** High school often brings increased academic demands, such as challenging coursework, exams, and college preparations. Fear of failure, low grades, disappointing parents or teachers, or not meeting future expectations can create significant anxiety.
- 2. Social Anxiety:** Adolescence is a period of social development, and teens become more aware of social interactions and fitting in. Fear of rejection, social judgment, public speaking, making friends, or being isolated can cause anxiety and self-doubt.
- 3. Peer Pressure:** Teens may experience fear related to peer pressure and the need to conform to societal or group norms. Fear of being excluded, bullied, or ridiculed can influence their decisions and behaviors.
- 4. Body Image and Self-Esteem:** High school is a time when body image concerns may intensify. Fear of not meeting societal beauty standards, being judged based on appearance, or facing criticism about weight, height, or physical features can impact self-esteem and contribute to anxiety.
- 5. Future Uncertainty:** High school marks a transitional period towards adulthood, and teens may experience fear and anxiety about their future. Decisions about career paths, college choices, and the pressure to plan for the future can be overwhelming and generate fear of making the wrong choices.

6. Safety Concerns: In recent years, high schools have unfortunately witnessed instances of violence or threats. This reality has led to an increased fear among students regarding their personal safety and the safety of their peers while at school.

It's important to note that fear experiences in high school can vary from one person to the next. You are not alone. Meanwhile each teen will face their own challenges and it is common to have some anxieties about them. However, you can also express them and learn to move forward even during challenging times.

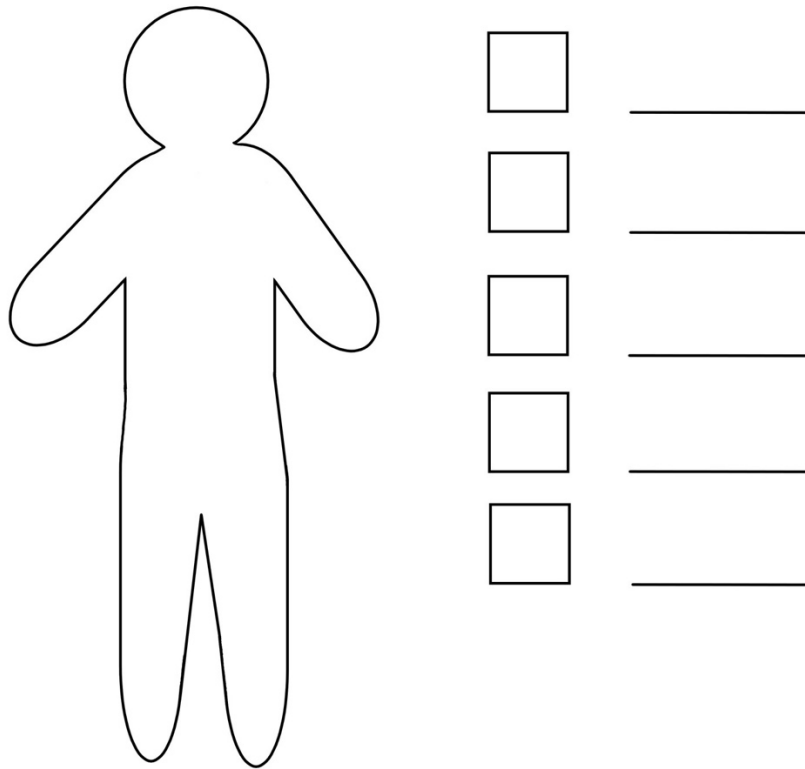
It is crucial to approach teenage fears and anxieties with compassion for yourself and those around you. This includes practicing understanding and patience. Having a supportive environment and providing the necessary guidance and resources can help teens navigate their fears and build resilience as they navigate through and beyond their high school experience.

Tips to Lower your Feelings of Fear

1. Monitor what you consume on social media and other content that influences you
2. Share your worries with a trusted family member or friend
3. Find people/places/things you find soothing and calming
4. Ask an adult what to expect about something in the future
5. Read books that help you improve yourself
6. Say fear-reducing self-statements
7. Practice relaxation strategies
8. Maintain regular healthy connection with friends and family such as summer barbeques
9. Ask for outside help if your fear or anxiety is too great
10. Take charge of your goals and begin to take some daily action to accomplish them
11. Avoid self-medicating such as the use of nicotine vape
12. Get outside and move your body

Exercise

The Feelings in My Body



Resources and Additional Help

You are encouraged to let a trusted adult know if you find you need more help with addressing your fear. Here are three options to consider:

1. Start a peer group of people who are interested in positively supporting each other.
2. Process with a parent or teacher about any unresolved fear you still face by having a regular check in meeting to make this a priority.
3. Schedule a counseling appointment with your school counselor or at Altruistic Recovery by calling (541-216-6068).