Adolescent Stress and Anxiety:

Prevalence, Contributing Factors, and Strategies for Intervention

Autumn Zalavadia

West Windsor-Plainsboro High School North

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Abstract

Stress and anxiety have become prevalent mental health issues affecting many adolescents in recent decades. Many adolescents are stressed and lack awareness of effective management strategies. Adolescent stress can disrupt brain development, emotional regulation, and overall growth. When stress isn't dealt with healthily, the risk of anxiety increases. The purpose of this study is to educate adolescents on the causes of stress, its effects on the brain, and healthy ways to manage stress. This paper discusses the neuroscience behind stress and anxiety, their demographics, mental health factors, and interventions. Stress and anxiety affect critical regions of the brain. When stress/anxiety occurs, it's harder for the brain to regulate emotions, leading to overactive systems. Adolescents are exposed to stress in their everyday lives, related to inadequate sleep, insufficient physical activity, and excessive social media use. A significant amount of the youth population has chronic stress, and this has increased due to COVID-19. Anxiety can be reduced through approaches such as maintaining healthy personal relationships and implementing social media regulations at the policy level. This research equips teenagers to better deal with the realities of stress and anxiety, giving them the appropriate tools to live healthy and satisfying lives.

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Introduction

Stress and anxiety have become increasingly abundant in today's teenage population, with an estimated 31.9% of teens having a type of anxiety disorder (Garcia & O'Neil, 2021). This is an issue in today's society, as many pre-teens and teens feel stressed, yet they aren't aware of practical strategies to manage it healthily. Additionally, adolescent stress and anxiety are important public health issues because they can affect academics, social development, and long-term mental health outcomes. This creates challenges for schools, families, and communities. Mental health in teens is not merely an individual issue, but a global and multifactorial health concern.

Stress is typically defined as a psychological response to pressure or demands, which tends to decrease once the situation is solved. Anxiety, in contrast, involves a more persistent sense of worry that may continue even in the absence of an immediate threat. Although distinct, stress and anxiety are closely related and often interact, with stress sometimes contributing to the development or intensification of anxiety responses (Konstantopoulou et al., 2020).

From a neuroscience perspective, stress and anxiety involve activation of key brain systems involved in threat detection and emotional regulation, particularly the hypothalamus and amygdala. These regions are activated when the brain feels threatened, acting as one of the big factors of feeling anxiety (Lleuvelyn et al., 2020). When repeatedly activated, these systems can contribute to chronic states of stress and anxiety. Physically, stress and anxiety can manifest through symptoms such as caused by difficulty breathing, panic attacks, reduced sleep, increased heart rate, thirst, and a change in the hormone/immune system (Johnson, 2022). Additionally, anxiety can also affect emotional regulation, causing one's mind to feel fear all the time, leading to further mental issues.

There are a variety of factors that currently contribute to rising levels of stress and anxiety in adolescents. The main psychological, social, and systemic contributing factors to

stress and anxiety in adolescents include stressors from social media, academic pressure, and a decrease in physical activity or sleep (Dam et al., 2023). Because many adolescents experience several of these stressors at the same time, their overall levels of stress and anxiety can significantly increase.

Although existing research has documented the prevalence and correlates of adolescent stress and anxiety, fewer studies have focused on accessible coping strategies for youth or how interventions can be adapted for diverse socioeconomic, cultural, or demographic groups, creating a gap in practical prevention methods. This gap highlights the need for more practical, inclusive prevention and intervention approaches.

This paper investigates multiple layers of the complex underpinnings behind adolescent mental health, starting from the biological factors, all the way to broader societal influences. The purpose of this paper is to give a layered perspective into this teen issue by examining the neuroscience of stress and anxiety, prevalence rates, contributing social and environmental factors, and evidence-based interventions, as well as discussing potential policy and educational strategies to reduce stress and anxiety and improve well-being. Even though stress and anxiety are common during adolescence, the growing number of teens experiencing these issues shows the importance of understanding how brain development, social pressures, and environmental factors work together and finding effective ways to prevent and reduce these mental health challenges.

Neuroscience of Adolescent Stress and Anxiety

Adolescence is a time period marked by significant physical, emotional, and neural changes, particularly in brain maturation and emotion regulation. Particularly, this phase can lead to heightened feelings of stress and anxiety. Stress is the body’s reaction to pressure or demands, and anxiety is a long-term feeling of worry about future threats (Barrett et al., 2019). These are seemingly also related to fear, which is defined as an immediate response to a threat

(Barrett et al., 2019). Stress is increased during adolescence because they don't know how to calm themselves down effectively, causing their stress levels to increase.

The main neural mechanism of stress regulation consists of the hypothalamic-pituitary-adrenal axis, or HPA axis. The HPA axis is an important part of the neuroendocrine system, and its function is to regulate stress, immunity, digestion, and mood (Dunlavey, 2018). The body responds to stress primarily through activation of this circuit (Romeo, 2013). When stress occurs, the HPA axis is activated, ultimately causing the adrenal glands to release cortisol, the body's primary stress hormone (LeDoux, 2016). When the HPA is dysregulated, the body cannot respond to stress efficiently. In adolescents, this can create a psychological vulnerability, which can lead to increased risk for mental health issues.

Several other important neural components are associated with the body's stress and anxiety response. For example, the prefrontal cortex, which is responsible for decision-making and impulse regulation, is also affected. This means that when experiencing heightened levels of stress, the brain's ability to make decisions is impaired. Stress and anxiety also activate the amygdala, the brain region responsible for fear and emotional responses (LeDoux, 2016). When the HPA is dysregulated, the body cannot respond to stress efficiently. In adolescents, this can create a psychological vulnerability, which can lead to increased risk for mental health issues since the brain hasn't developed yet. The amygdala, along with the hippocampus and hypothalamus, make up the limbic system, which also controls emotional regulation and motivation (Arain et al., 2013). These brain regions contribute to emotional processing and stress/anxiety regulation by detecting threats, generating fear responses, and regulating impulses. As a result, adolescents experiencing stress and anxiety may struggle with sleep, disturbances, and difficulty concentrating.

Adolescents may be particularly vulnerable to stress and anxiety due to ongoing brain development. The prefrontal cortex is not mature until the age of 25, so teens have less ability to manage strong emotions (Arain et al., 2013). In adolescent brains, stress can appear to be

more reactive, which can cause the amygdala to sense fear, leading to stronger emotional reactions (Romeo, 2017). The hippocampus is also still developing, making it harder to understand different threats. The hippocampus also controls memory regulation, which can cause stress to be remembered differently. These developmental factors, combined with an active HPA axis and increased cortisol release, make adolescents more sensitive to stress and more likely to experience anxiety. Overall, ongoing brain maturation shapes how intensely emotions are perceived and how effectively they are managed.

Ultimately, chronic or prolonged stress can significantly affect brain functioning and lead to poor mental health in adolescents. This is mainly caused by the modification and restructuring of key regions involved in emotion and stress regulation. High levels of cortisol over time can shrink the hippocampus, which impacts memory and the ability to regulate stress (Dunlavey, 2018). The amygdala may become overactive, making the brain more sensitive to threats and anxiety responses. Also, the prefrontal cortex can become less effective at controlling calming emotional reactions. This can make pre-teens and teens more likely to develop anxiety disorders and other mental health conditions as the brain stays in a state of alert and struggles to return to balance. This is corroborated by research, which shows that 1 in 4 adolescents are found to have anxiety disorders (Kowalchuk et al., 2022). Overall, stress and anxiety play a significant role in adolescent brain development, and understanding the neural underpinnings can help inform effective interventions and address rising mental health concerns in teens.

Epidemiology of Adolescent Stress and Anxiety

Stress and anxiety have become highly prevalent among pre-teens and teens, with research illustrating that a large proportion of adolescents experience crucial emotional distress. 53% of adolescents report being stressed and not thriving (Anderson et al., 2025). That is more than half of the youth population. Additionally, 36% of teenagers reported that stress makes them feel tired, and 34% of teens believed their stress levels would continue to rise (Li et al., 2016). This finding suggests that stress is not merely a temporary feeling for many adolescents but has meaningful effects on their daily lives. During the adolescent years, teens feel a variety of pressures, including those from responsibilities at school and home, which can contribute to heightened stress. Moreover, stress and anxiety vary across different demographic groups, influenced by gender, socioeconomic status (SES), and comorbidities.

Research consistently shows a gender difference, with girls reporting higher levels of stress and anxiety than boys. Scientists attribute this difference to social expectations, emotional processing, and hormonal changes during youth (Droogenbroeck et al., 2018). These factors lead to higher levels of anxiety in girls because they are constantly pressuring themselves to be “perfect,” and that is due to the influence of societal norms. Additionally, societal expectations and appearance-related pressures may contribute to increased self-consciousness among adolescent girls. The mechanisms behind these gender differences are not fully understood, but are important to consider when analyzing factors influencing stress and anxiety in adolescents.

SES also plays a major role in stress and anxiety, as children growing up in poverty often face financial instability and unsafe environments. For example, 65 out of 67 children from an impoverished population who were surveyed for a hair cortisol test showed signs of chronic stress and anxiety (Merz et al., 2019). This evidence of stress seen in low SES children most likely continues into their teenage years if economic conditions are not improved. Therefore, this

correlation demonstrates that prolonged stress can have significant effects on adolescent development and overall well-being.

Stress and anxiety are commonly linked with comorbid conditions such as ADHD, depression, and learning disorders, which can intensify symptoms of stress and make coping with daily challenges more difficult (Nibras et al., 2022). Over time, chronic stress not only increases the risk and severity of anxiety but may also contribute to long-term health disparities, including shorter life expectancy among certain racial and ethnic groups, such as Hispanic, Black, and Asian populations (Williams, 2018). These trends highlight that stress and anxiety are not experienced equally, emphasizing the need for targeted, group-specific interventions. Understanding the disparities behind mental health factors that lead to stress and anxiety is crucial for interventions.

The COVID-19 pandemic further caused youth to feel stress and, later on, anxiety. One study found that 48.1% of girls and 35.1% of boys reported increased stress due to social isolation during the pandemic (Mohler-Kuo et al., 2021). The percentages highlight how environmental factors can significantly impact adolescent mental health. These findings suggest that stress is not only common among adolescents but has increased over time, especially due to disruptions such as the COVID-19 pandemic.

Risk Factors of Adolescent Stress and Anxiety

The epidemiology of stress and anxiety demonstrates how race and SES can affect day-to-day lives. Risk factors such as social media, academic pressures, and peer relationships can be the cause of stress and anxiety in adolescents as well. Moreover, some factors can lower stress and anxiety levels.

Mental Health Factors

Social Media Use

Adolescents encounter a multitude of stressors in their daily lives, and social media exacerbates this stress. One of the ways that social media use can lead to stress and anxiety among pre-teens and teens is because they are always so caught up in following the latest trends. They may feel pressure to purchase popular products or clothing trends to fit in with their peers. As a result, adolescents may experience stress due to concerns about falling behind socially, specifically in terms of the latest trends. Adolescents compare themselves to others to ensure they are up to date. Building on the comparison, watching videos and TikToks of others dancing or buying expensive items may cause one to feel so stressed that they don't have a "perfect" body or feel like they don't fit the norm. This factor eventually leads to anxiety because they are constantly worrying about the insecurities that were created through looking at others on social media. Teens also start to feel more envious of what they see in their friends' posts once they engage more in social comparisons (Charoensukmongkol, 2018).

Cyberbullying is also a negative effect that can lead to stress because the adolescent feels threatened that something might happen to them. Teens who have been cyberbullied are found to have the most depression and anxiety symptoms (Hellfeldt et al., 2019).

Furthermore, seeing friends make TikToks without you can lead to the Fear of Missing Out, most commonly known as FOMO (Dam et al., 2023). FOMO is a factor in causing stress

because one feels as if they need to do better in being a friend, which causes them to be caught up in a bubble, because they are so worried about what their friends think of them. They will also start to feel left out. They weren't invited to the hangout, leading to anxiety because they weren't having fun with friends, unlike everyone else.

Moreover, social media can also lead to addiction and dopamine. What starts as one scroll on Instagram may turn into constant scrolling day and night. The popular term for this is "doomscrolling" (Satici et al., 2023). Doomscrolling leads to dopamine because the body believes the use of social media will lead to satisfaction. Instead, it leads to an addiction that the mind can't get rid of.

Although social media has a variety of negative effects, there are also positive ones that come with it. For example, social media can help teens maintain long-distance relationships, especially for those who feel isolated. Additionally, educational videos through social media can help students feel more comfortable with understanding concepts they learn in school. Pre-teens and teens also use social media not only for education, but to get practice on different hobbies they want to learn, which slowly leads to de-stress among youth (Goodyear et al., 2021). Overall, social media can have a great impact on the mental health of young people, but it can bring many unwanted side effects.

Academic Pressure

Academic pressure to achieve success in school has also been linked to adverse mental health outcomes in adolescents. These external expectations contribute to stress and anxiety because teenagers feel as if they have to pass every test to succeed in life or to make their parents and/or peers proud. Many peers at school are pressured to tell others their grades, making them feel obligated to do well in school. Research has also shown that academic pressure can lead to increased levels of depressive symptoms in teens (Steare, 2023). Because they are being pressured into being perfect at every subject, this causes youth to stress over

homework and tests, leading to fear of failure, which activates the amygdala, and can heighten other negative emotions.

Furthermore, the amount of workload that students are given causes them to feel anxiety, because they are constantly worrying about finishing an assignment. When pre-teens and teens are constantly studying or finishing their homework, it's called burnout (Chong et al., 2025). Excessive academic demands may reduce opportunities for social engagement and leisure activities. This also leads to stress and anxiety when trying to finish their work. Because students are overwhelmed, it causes them to fail, as they often receive very little sleep and isolation, which leads to increased fear, as they are scared they won't succeed in life. The pressure to do well in school is one of the top mental health influences for many adolescents, and schools and families should be aware of the dangers that come with it.

Peer Relationships

Additionally, social factors such as difficulties in peer relationships can further increase stress by disrupting the body's cortisol regulation, making it harder to maintain emotional balance (Nibras et al., 2022). Dysregulated relationships can leave teens without a strong social support network and can complicate how they process difficult emotions during this stage of life. The increase in stress and anxiety throughout adolescent years has also been associated with an increase in several other conditions as well.

How teens interact with their peers can greatly impact well-being, particularly in how they manage stress, approach problems, have positive or negative actions, thoughts, and emotions (Zimmer-Gembeck et al, 2021). For example, having relationships and building conversations with friends reduces anxiety because both friends are talking through their problems, which reduces cortisol levels (Filetti et al., 2025). This reduces stress because they are letting out the reasons why they feel worried, making them feel more comfortable and relieved. Moreover, effective communication also helps adolescents reduce their stress levels. Interpersonal

communication with friends and family enables teenagers to develop self-confidence and self-affirmation, which in turn reduces anxiety and improves their ability to regulate emotions (Lyu, 2025). Additionally, social support networks can help protect teens from the effects of difficult experiences early in life and can improve their quality of life as they transition into adulthood (Leiting et al., 2025).

Protective Factors

Exercise

Physical activity plays a positive role in reducing stress and anxiety, as it helps the mind distract from external problems and increases focus. Additionally, physical activity balances both the heart rate and the mind, lowering the cortisol levels (Mikkelsen et al., 2017). The balance of the body helps lower cortisol levels by distracting the mind from negative thoughts. Cortisol levels are decreasing because the body is releasing a chemical called endorphins, which are present in the brain (Mikkelsen et al., 2017). Additionally, physical activity helps reduce anxiety because it helps youth to adapt to stressful situations (Li et al., 2020). As the amount of fitness and exercise increases, resilience levels rise, which leads to the reduction of anxiety. In conclusion, exercise is important because it enables teens to regulate stress by developing problem-solving skills to navigate pressure more effectively and by clearing their minds.

Sleep

Moreover, sleep is another factor in stress and anxiety. Physical activity helps you fall asleep faster and improves sleep quality (Sejbuk et al., 2022). Good sleep habits in teens can help decrease anxiety as it helps the brain and body recover from stress, leading to a balanced mood and emotional control (Nollet et al., 2020). For adolescents, receiving enough sleep is important because their bodies are still growing. The body regulates the timing of the immune

system's defenses and the body's healing processes (Haack et al., 2020). Overall, sleep helps regulate the body by decreasing anxiety levels and by balancing the immune system.

Interventions

Because adolescence represents a critical period of brain development, chronic stress and anxiety can have disproportionate long-term effects, making early intervention and prevention strategies particularly important.

Individual Strategies

Many interventions can help reduce adolescent stress and improve mental well-being. Firstly, individual strategies can help regulate stress and anxiety levels in many situations. Journaling can help pre-teens and teens de-stress as they are writing and expressing their emotions. Specifically, gratitude journaling has been found to help decrease stress levels in a study done in Indian classrooms (Robertson, 2022). Mindfulness practices have also been shown to help reduce stress in adolescents, which includes meditation (Díaz González et al., 2018). Similar to mindfulness, affirmations may also help with stress reduction because they involve writing positive thoughts about oneself. Breathing exercises are a method anyone can perform anywhere. By breathing deeply, it stimulates the vagus nerve, which sends a signal to the brain that it is safe to relax (Sanchez-Perez et al., 2023). This pulls one's mind away from worries. Similarly, calming and classical music reduces stress in teens because it releases dopamine and lowers cortisol levels (Riby et al., 2023). Just like journaling, therapy helps one to express their feelings without feeling judged. The only difference is that they will talk with a therapist about their stress. Additionally, pharmaceutical interventions help reduce stress when the brain has gone through long periods of anxiety. These tools and medicines are monitored by doctors because the adolescent brain is still developing. As mentioned previously, exercise and sleep are important protective factors in mitigating the effects of stress. Developing these individual habits is a great way to help teens take their minds off of external stressors and increase their internal resilience.

Interpersonal Level

Interpersonal interventions can improve stress management just as efficiently as individual strategies. As mentioned previously, peer relationships are known to be critical for mitigating stress in adolescents. Family support also serves as a way to reduce stress in pre-teens and teens. Positive and understanding families are a primary method of reducing overall academic anxiety and stress (Gao et al., 2025). Parents who are supportive help their teen emotionally, which helps them process their worries. Effective communication also plays a key role in helping teens regulate their emotions and decrease stress. Communication helps reduce social anxiety. Healthy relationships may protect against stress and anxiety because they enhance self-esteem. Having a strong support network can improve teens' well-being and help prepare them for the future. Overall, family and peer relationships help reduce stress by transforming how adolescents react to emotions and process difficult information.

Community Level

Community-level interventions, such as programs and counselors, can reduce anxiety within schools and the community. Firstly, school programs such as the Comprehensive school-based health centers can reduce anxiety by being provided with high-access care; these health care services have increased over the past two decades. (Fry et al., 2025). Instead of having to travel, these services are directly on campus at schools. Additionally, interventions such as the Strengthening Adolescent Well-Being (SAW) program use mindfulness and reflective exercises to help students cope with stress and anxiety (Kristiansen, 2026). These activities help distract adolescent minds from the reason why they are stressed. These programs at schools allow students to receive the help they need to manage their stress and anxiety. Moreover, school counselors are a practical way to de-stress by raising levels of resilience, self-esteem, and a sense of matter within school (Zaabek et al., 2023). In conclusion,

communicating with school counselors and programs creates a safe environment for students to process stress.

Policy Level

Policy-level interventions protect a large amount of adolescent well-being. Firstly, implementing age restrictions on social media platforms will help significantly because it is a primary source of stress and sleep deprivation (Dhungel et al., 2023). With reduced social media usage, pre-teens and teens will be able to enjoy life outside of the internet, such as spending time outdoors. Mental Health policies, such as legislation that implements health services directly into education, ensuring access to care, which increases stress treatment (Dauber-Decker et al., 2025). This reduces stress in pre-teens and teens because the treatment will be provided to them at school, which is more accessible. State-mandated physical education policies also act as a way to reduce cortisol levels (Wang & Wang, 2026). These policy interventions may help identify long-term stress and anxiety for youth so they can receive the help they need.

Overall, these strategies can help reduce stress levels among adolescents. Individual interventions help teens develop coping skills. Interpersonal levels, such as healthy family and peer relationships, also help reduce stress. Community levels implementing school programs would also help adolescents express themselves. Policy-level regulations with social media and physical education would decrease cortisol levels due to a healthier environment.

Discussion

Summary of Key Findings

Stress and anxiety among adolescents affect brain development. More specifically, stress affects emotional and physical responses through systems such as the HPA axis. Stress triggers the release of cortisol, which increases alertness but can negatively impact sleep, memory, and emotional regulation (Konstantopoulou et al., 2020). Regions of the brain, such as the amygdala, hippocampus, and prefrontal cortex, develop until much later, making pre-teens and teens sensitive to fear and impulsive reactions (Kolb et al., 2017). Because the brain isn't mature, youth have a harder time managing strong emotions and regulating stress efficiently. Constant stress can lead to anxiety by disrupting brain functions, overactivating the amygdala, and releasing cortisol.

The rates of stress and anxiety have increased over time due to several factors, while demographic patterns show that certain groups are more affected by stress than others. More specifically, young girls from lower socioeconomic backgrounds and adolescents facing chronic social stressors experience higher levels of stress and anxiety (Mohler-Kuo et al., 2021). Additionally, those with comorbidities such as ADHD, depression, or learning disorders are at even greater risk, as these challenges can worsen symptoms (Nibras et al., 2022). In recent years, adolescent anxiety has also felt the lasting effects of the COVID-19 pandemic.

There are many contributing factors that can impact stress levels in teens. Overall, adolescent mental health is shaped by social media use, academic pressures, and exercise. Factors such as social media use, peer relationships, and academic pressure can increase stress and anxiety by enforcing comparison, fear of failure, and burnout. On the other hand, protective factors like regular physical activity and healthy sleep habits help reduce stress by improving mood, lowering cortisol levels, and balancing the body overall. These influences demonstrate that while certain environments and expectations can increase mental health

challenges for adolescents, positive habits and balanced routines can play a crucial role in protecting and improving their mental health as well.

Many strategies can be implemented in order to help reduce stress levels among adolescents. Individual interventions help teens develop coping skills. Interpersonal levels, such as healthy family and peer relationships, also help reduce stress. Community levels implementing school programs would also help adolescents express themselves. Policy-level regulations with social media and physical education would decrease cortisol levels due to a healthier environment.

Emerging Themes and Trends

Ultimately, the themes and trends of dopamine and “doomscrolling” increase anxiety levels, which is because excessive social media use may contribute to a cycle of neurological overstimulation and increased anxiety. Additionally, it is shown throughout that FOMO and peer relationships can also cause youth to feel stress. Furthermore, studies highlight a demographic trend that adolescents from lower socioeconomic backgrounds and comorbidities such as ADHD face chronic stress (Nibras et al., 2022). This is because the adolescents are constantly worried about shelter, food, education, etc. On the other hand, sleep and exercise quality are efficient ways to reduce stress. As shown constantly, the brain can balance emotions when the adolescent exercises frequently. There are successful trends towards school interventions that directly guide youth. Utilizing schools can help remove barriers to treatment, since it increases access for most. In conclusion, many factors contribute to the rise of stress, but there are many strategies that can be implemented in order for the teen to de-stress.

Future Areas of Research

While there are clear risk factors currently, future studies should focus on the long-term effectiveness of social media policy reforms. Research should track whether phone age

restrictions actually correlate with a decrease in cortisol levels. Furthermore, there needs to be more research on neurodiversity and how stress responses are different for adolescents with ADHD or autism. This is essential because it could help create beneficial interventions for all youth. Since digital tools such as VR and AI are more common and advanced, they can be used for therapy or to manage stress. Overall, additional research is important because it allows a more niche approach to adolescent mental health, especially for interventions and the neuroscience factors of mental health.

Implications for Society

Addressing stress and anxiety among pre-teens and teens is important because it's not just about feeling calm right now, but it's also about protecting the adolescent brain while it is still growing. This research demonstrates that daily exercise and sleep are not just good ideas, but they also help protect teens from feeling stressed constantly. These interventions help the brain feel more relaxed and balanced. In addition, fixing these problems early through school programs and individual strategies can reduce long-lasting anxiety in the future. Increasing awareness of these issues and making these changes now with adolescents can help reduce long-term stress. Ultimately, emphasizing the importance of adolescent mental health is essential because the support, care, and resources teens receive can shape their well-being, relationships, and success for the future.

Conclusion

In conclusion, the purpose of this paper was to observe the effects of stress and anxiety on different levels of pre-teen and teenage lives, starting with the impacts to their brains, the factors that contribute to stress, and interventions to lower stress and anxiety levels. Educating adolescents and raising awareness on the importance of teen stress and anxiety is essential for their health and mental well-being. The key findings reveal that adolescent brains make flawed decisions due to underdeveloped brain regions that are critical to emotional and cognitive processing. As a result, the brain may take innocent information as fear, which leads to stress and anxiety. Findings such as overwhelming schoolwork, cyberbullying, poor relationships, and constant scrolling through social media cause youth brains to react way worse. These lead to stress, and after a while, anxiety. By researching the demographics of how stress occurs, it is shown that girls, the lower socioeconomic class, and students with comorbidities usually have higher rates of stress and anxiety. On the other hand, interventions such as receiving enough sleep, exercising, journaling, and attending school programs are a great way to lower cortisol levels. School counselors and more efficient social media limits could also lower stress and anxiety levels among pre-teens and teens. The purpose of this research paper was to educate and increase teenagers' awareness about their mental health, specifically about stress and anxiety. Spotlighting this key issue of society regarding adolescent mental health is crucial because it can lead to greater support and improvements for struggling teens and give them a path towards a healthier future.

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