

CONTENTS

- 1 **INTRODUCTION**
- 5 **Poetry Keeps Me Calm • Ashunte Hunt**
Writing poetry helps Ashunte control his anger
- 12 **Enjoy the Moment • Ngan-Fong Huang**
Ngan-Fong wants to spend time enjoying herself in the present, instead of constantly worrying about the future
- 17 **House of Stress • Anonymous**
Because her stepmother is overwhelmed, the author has to take on the responsibility of caring for her siblings
- 24 **Forced to Face College • Matt Lehrer**
Matt feels pressured to get into a good college
- 30 **Yoga Relaxes Me • Niya Wilson**
Niya accepts a friend's offer to try yoga for relaxation
- 37 **My Journal Saved My Life • Anonymous**
By writing and rereading her diary, the author gains a better understanding of herself and how to handle her emotional problems
- 44 **Stressed for Success • SaeRom Park**
SaeRom writes about the stress of academic demands
- 50 **Books Got My Back • Janae Marsh**
Janae escapes from her troubled family by reading books
- 55 **Running My Problems Away • D'nashia Jenkins**
When D'nashia runs track, she feels energized and leaves all her problems behind

- 61 **Tears of a Clown • Eugene Han**
Eugene's carefree persona masks the pain of a childhood burdened by adult responsibilities, including an incarcerated mother
- 72 **Chanting Helps Me Clear My Mind • Anonymous**
The author's aunt introduces her to Buddhist chanting
- 77 **Worried Sick • Megan Cohen**
Megan has always been an obsessive thinker and worrier, but when her anxiety threatens her friendships, she decides to consult a psychologist for advice
- 84 **My Favorite Escape • Martin Smith**
Basketball gives Martin a sense of freedom
- 89 **Never Good Enough • Chimore Mack**
Chimore thought she could be perfect if she just worked a little harder
- 97 **Feeling the Pressure • Jennifer Baum**
Jennifer looks at how several teens face stress and at positive ways to reduce it
- 102 **I Leave My Anger at the Rink • David A. Rodriguez**
Hockey gives David something to be proud of and a way to let off steam
- 106 **Stress Is Not Just for Seniors • Tanya Owens**
With schoolwork piling up, Tanya, a high school junior, needs a chat with her older sister to calm down and set priorities
- 111 **Nature Is My Salvation • Emily Orchier**
Emily discovers that walking outdoors helps relieve her depression

- 116 **The American Dream Gave Me Anxiety Attacks • Abdouramane Barry**
Moving to the United States is not the American dream Abdouramane originally imagined it to be
- 127 **Do for You • Shanté Brown**
Shanté recommends a range of activities—including writing—as a way to battle the blues and negative feelings
- 130 **Tips from Teens on How to Cool Down • Various writers**
Teens share their favorite techniques for relieving stress
- 140 **Getting Healthy, Getting Happy • Otis Hampton**
Otis discusses positive ways to stay healthy—both physically and mentally
- 143 **Let’s Talk About Stress • Caitlin Lemmo and Peter Ramirez**
Two teens interview a therapist about the causes of stress, how it affects the body, and what teens can do to relieve it
- 148 **How to Deal with Stress • Jennifer Ramos**
Jennifer interviews a social worker for tips on managing stress
- 152 **Stress Relief Techniques**
A therapist offers advice
- 157 **INDEX**
- 163 **ABOUT YOUTH COMMUNICATION**
- 165 **ABOUT THE EDITOR**