

## How to Overcome Teenage Stress

Michelle Taylor

**Teenage stress is on the rise impacting interactions with their peers, family and including their approach to school work. Stress and Anxiety is a hot issue at this time of the year with Year 12 exams and final assessments due.**

Behaviour change specialist, Michelle Taylor said that when teenagers are prepared to make minor changes to their behaviours, are open to positive messages from a trusted adult, significant behaviour changes occur and they start to feel better.

“The external pressures of school, technology, friends and family have become overwhelming to today’s teen,” Ms Taylor said.

“For parents it’s a confusing time of wondering if their teenager is behaving normally and the question of when to intervene sits uneasily with them, she said. So sometimes when there are stressed teens in the household, the whole family can be affected.

“When children are encouraged to embrace new ways of viewing the world, amazing changes take place in their brains and their lives.”

A trusted adult to help the teen isn’t necessarily the parent and that is why Ms Taylor has developed a ground breaking program to assist the children of Darwin.

“By trying something different, suggested by someone other than a parent or teacher, the child stimulates neural firings and neural structure activating different parts of the brain – ultimately increasing attention spans and clearer thinking.”

“This leads to an overall higher sense of self and has a significant impact on study and life skills.”

Aimed at 14-18 year-old youths, Ms Taylor says that this program ran over 2 Saturdays can change the way they view themselves and the world.

It will equip them with tools to:

- Increase their awareness and sense of self
- Address stressors and anxieties easier
- Develop more realistic self-talk
- Go easy on themselves with less overthinking
- Increase self confidence

Beyond Blue state that one in six young people suffer from Anxiety. It is widely accepted that when a person is anxious, no matter what age, memory, learning and focus suffers and self-confidence plummets.



ESI International offers training to engage and transform children through neuro-scientific and positive psychology techniques.

For more information on how to engage your child in this training email Michelle and visit [www.execstateid.com.au](http://www.execstateid.com.au)

About Michelle Taylor. Michelle started her working career as a nurse and slowly shifted her interest over the years to working with groups and individuals assisting them to live their 'best life'. Training the Parent Effectiveness course in 1993, then moving into her own coaching and training business in the early 2000's. Michelle is a Psychologist who engages with people from a wide expanse of differences. She relates exceptionally well to teens and has worked for agencies as a Child Consultant, gaining a significant reputation working with the youth of today.



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