

Hello everyone.

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In this video, we're going to talk about the emotional challenges that teens go through in this phase of their lives.

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As mentioned before, adolescence is a time of change where many physical changes are going on as well as emotional changes go on.

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We need to talk about these emotional challenges so that teens can be better at navigating them without wasting any time.

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Let's delve deep into some of these challenges and figure out ways to navigate them.

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So our first topic will be mood swings.

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As mentioned before, many hormonal changes occur in a teen's body and these can lead to intense mood swings.

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Teens may experience frustration, anger, sadness, happiness, and a short period.

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These mood swings can be disorienting and distressing for teenagers as they navigate their way through these new emotional landscapes.

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Another challenge that teens face is identity formation.

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Adolescence is a critical time for identity formation as teens are figuring out who they are, what they value, and where they fit in.

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It's a time of self-discovery and self-expression, but many times it can bring about feelings of uncertainty and self-doubt.

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The next emotional challenge that teens face is increased stress.

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High school is an important phase of a teen's life and this can bring many challenges that can increase stress.

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In this stage, teens are often planning for college and have a lot of academic pressure on themselves.

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With this, they also have to meet social expectations within friends, family, and relationships.

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This can lead to feelings of overwhelming anxiety.

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The pressure to perform academically, fit in socially, and make important decisions about the future can have significant pressure on the teen's mind.

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The next challenge I want to talk about is romantic relationships.

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At this age, many teens start to explore romantic relationships for the first time.

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Navigating these relationships, dealing with breakups, and managing feelings of attractiveness can be emotionally challenging for teens.

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experiences can bring about intense emotions and can help you significantly grow.

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The desire to fit in and be emotionally accepted by peers can be of significant emotional stress.

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Teens may feel the need to engage in activities that they're not comfortable with just to be accepted by their peers.

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This can lead to feelings of anxiety and can challenge the sense of self.

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The most important emotional challenge is mental health.

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With all the things discussed before, it is inevitable to say that adolescence is a common time of mental health issues like depression and anxiety, recognizing these issues and seeking out help from others.

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This can be a major challenge for teens.

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Teens need to understand that it's OK to seek out help, and it does not mean that if something is wrong with them they're seeking out help from someone else.

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Now, in this section of the video, I want to discuss how to overcome all of these emotional challenges.

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These emotional challenges can be difficult to navigate, but we need to understand that as a normal part of adolescence, it is important for teens who have supportive adults in their lives to whom they can turn for guidance.

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We need to encourage teens to identify and express their feelings healthily.

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This can be through talking, writing a journal, or creating art.

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Anything that can help them distress themselves.

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Practices like meditation, yoga, and deep breathing can help with stress and can lead to emotional well-being.

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Doing these practices can help if you're having mood swings, you can be more in control of yourself with these mindful practices.

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If one is struggling with identification problems, one should engage in exploration and introspection.

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They should engage in activities that bring them joy.

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It is OK to not have the same interests or goals as your peers as you're different, and it's OK to be different.

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If you're ingesting your personal goals and aspirations based on what your peers like, you're in the end damaging yourself.

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You're not doing what you like.

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You are also getting friends who don't know you for who you are.

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I encourage teens who are struggling with this problem to seek out help from adults or professionals.

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Managing stress at this age can also be difficult, and if you have increased feelings of overwhelming anxiety, you should seek out professional help.

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But you can also engage in mindfulness activities as mentioned before.

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Meditation, yoga, or Deep breathing? My biggest advice to people who are struggling with relationship issues is to be themselves.

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They try to be someone you're not.

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The relationship will fall out and you will not be able to make friends or have romantic relationships that will succeed in the future.

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Many people undermine mental health issues among teens as they believe that we're just children and we cannot have mental issues at this age.

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This is completely false and I want to repeat that it isn't OK to seek out help if you need to.

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These emotional challenges are a normal part of a teen's life.

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Teens need to have access to accurate information and supportive adults who can help them navigate through these changes.

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Thank you for watching this video.

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I have a transcript of this whole video on my website and I've also provided you all with some further readings to do on these topics.

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Thank you.