



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-2: MODULE 8

### MANAGING STRESS & TEENAGE EMOTIONS

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**NEEV**

Nurture | Enlighten | Evaluate | Victory

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# NEEV-2

For Students of Class 6-9



HELPS YOUR CHILD STAY  
FOCUSED, BUILD CLARITY,  
MANAGE TIME, AND PLAN  
THEIR CAREER AHEAD

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 “It’s not stress that kills us, it is our reaction to it.” 

-  Deep breathing & relaxation practices
-  Maintain a mood/emotion diary
-  Talk to someone you trust
-  Use music, art, hobbies to de-stress
-  Understand triggers & reactions
-  Don’t bottle emotions—learn healthy expression
-  Mindfulness over meltdown
-  Normalize help-seeking (not weakness!)

 Emotions are messengers.  
Learn to listen, not suppress.

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## Why This Module Matters?

- 🏆 Teen years = Emotional rollercoaster
- 🔄 Rapid brain changes + academic pressure + peer comparisons

### Common emotions:

- 😨 Anxiety
- 😡 Anger
- 😭 Sadness
- 🤯 Overwhelm

Mastering emotions = Mastering life

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## What is Stress?

- ⚠️ Stress = Body's response to a challenge or threat 
- ✅ Some stress is normal and helps us focus
- ❌ Too much stress = burnout, anxiety, health issues



Awareness is the first step to control

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## Signs of Teenage Stress



Look out for:

- 🙄 Silent or withdrawn behavior
- 😡 Sudden anger or mood swings
- 🛌 Sleep issues
- 🍫 Overeating or skipping meals
- 📱 Escaping to screen time

Understand the signals before they explode 🧠

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## Major Causes of Stress

-  **Academics: Exams, competition, expectations**
-  **Peers: Comparison, bullying, acceptance pressure**
-  **Family: Lack of communication, pressure**
-  **Tech: Overuse of social media, digital overload**



**Stress is not just in your head – it's in your habits**

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# Emotional Intelligence (EQ) Basics



Emotionally strong ≠ emotionless.

It means handling emotions wisely.

+ = EQ (Emotional Quotient)

## Key Skills:

- Self-awareness
- Self-regulation
- Empathy
- Social skills

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## Healthy Coping Techniques

 Deep breathing, meditation

 Express emotions creatively (writing, music, art)

 Journaling: Dump your feelings on paper

 Talk to a trusted adult

 Physical exercise

It's okay to feel.  
It's braver to deal.

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## Build an Emotional Toolkit

### Your go-to kit:

- ✓ **5-4-3-2-1 Grounding Technique**
- ✓ **Positive self-talk: “I can handle this.”**
- ✓ **Stress scale: Rate your stress 1–10**
- ✓ **Calm space: Music, walk, water**

The 5-4-3-2-1 method is a grounding exercise designed to manage acute stress and reduce anxiety. It involves identifying 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

 **Create tools, not tantrums**

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## Tips for Parents & Students



Parents please:

- Listen more than advise
- Use calm tone even during conflicts
- Avoid harsh labels: “Drama queen,” “Lazy”
- Validate: “I understand you’re stressed.”

### Dear Students

"Stress is not your enemy – unmanaged stress is. Emotions are tools. Learn to use them wisely and they will help you grow."

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## Quick Recap:

- Stress is natural
- Learn emotional awareness
- Use healthy coping habits
- Parents: Be emotional role models



**Connection is better than correction**

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## CONFIDENCE, BODY LANGUAGE & VOICE

-  Practice posture, eye contact, and clear voice
-  Roleplay public speaking & storytelling
-  Learn to introduce yourself confidently
-  Positive self-talk daily
-  Reflect on achievements (no matter how small)
-  Record & review your communication
-  Dress with confidence, express yourself
-  Confidence = practice + acceptance

 **Speak up, stand tall, and shine.**

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