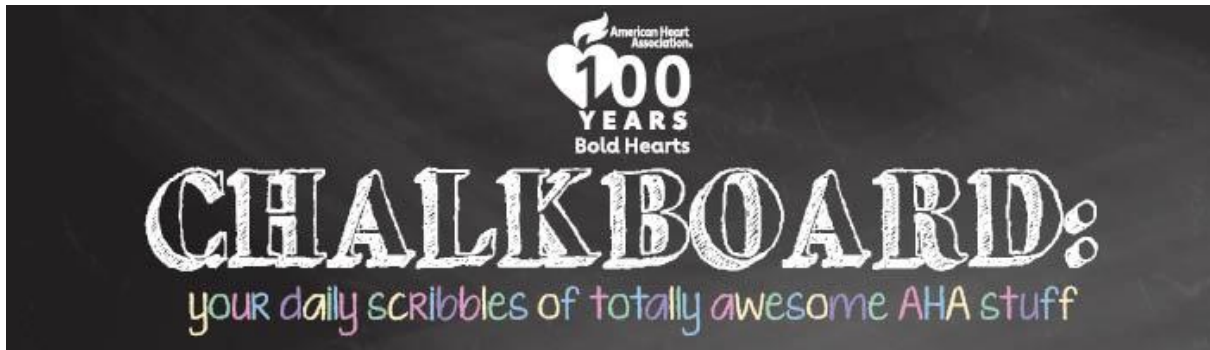


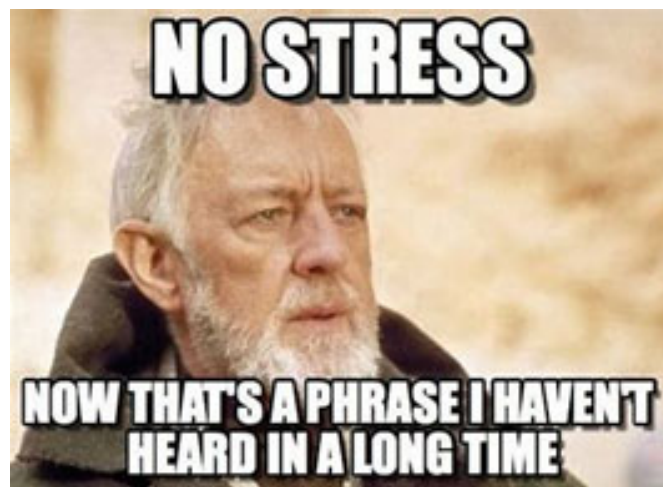
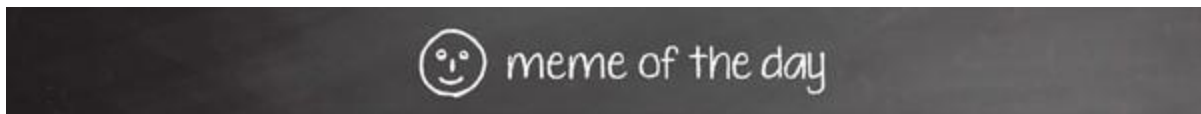
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Tuesday, March 12, 2024

TL;DR – In this issue of *Chalkboard*

- A recent study has emphasized the connection between high stress in adolescence through adulthood and the development of risk factors for cardiovascular disease.
- Encouraging stress management at all ages, especially among young people, is key to healthy hearts and healthy minds.
- Looking to fight off stress? Check out 10 healthy habits and six relaxation techniques below!



What's good for the mind is good for the heart

Throwing it back to our high school days (yikes!), most of us can remember how busy life got between soccer practice, debate team meetings and finding a date for the prom. Nowadays, adolescents juggle these same educational and extracurricular commitments, all while living in a non-stop digital age. Stress can

be inevitable for today's young people, but did you know that stress during the teenage years may cause health issues later in life? A [recent study](#) revealed that those with high stress levels in adolescence and adulthood were more likely to develop certain risk factors for Type 2 diabetes and heart disease as adults.

Participants enrolled in the study were assessed around ages 6, 13 and 24 and answered questions from a perceived stress scale. Researchers then took a series of health measurements in adulthood. Compared to their less-stressed peers, young people who reported higher levels of stress were more likely to have higher total body fat or worse vascular health.

An [earlier report](#) found that adversities in childhood, such as unstable family or social structures, can affect heart health over a person's life, further supporting the relationship between adolescent perceived stress and overall health.

Counting to 10 and trying out some yoga might not be bad ideas after all. These results emphasize a need to adopt stress management strategies as early as childhood to potentially reduce the risk of heart-related health problems. Therefore, it's vital that even young people monitor the stressors they experience, whether at school, at home or in extracurriculars. The study's author also advises health care professionals to consider using the stress scale during clinic visits to identify and treat high stress levels earlier in a patient's life. It's never too early (or too late!) to practice mindfulness and stress management. Your mind AND your heart will thank you.

For more information, [click here](#).



Fight Stress Infographic

If you're looking to introduce stress management to children and adolescents or you're hoping to adopt some stress-relieving habits yourself, check out [this infographic](#) with 10 healthy habits to fight off stress!



Read, Relax and Reduce Stress!

Next time life's demands start feeling a little overwhelming, try out one of these [six relaxation techniques](#) to reduce stress! From guided imagery to tai chi, these research-backed techniques are sure to do the trick. Try them out yourself and share them with others!

With heart,

The [AHA Resource Center](#) Team



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