

# Teen Stress

*presented by  
Kelly Schloredt, PhD & Gretchen Gudmundsen, PhD*

Date: Monday, May 18, 2009

Time: 7:00 – 9:00 p.m.

Location: Redmond High School Performing Arts Center  
17272 NE 104th St., Redmond

Times have changed a great deal since you were a teenager. According to a recent survey, 43% of 13- to 14-year-olds say they feel stressed every single day; by ages 15 to 17, the number rises to 59%. The [day-to-day pressures teens experience](#), such as the pressure to fit in and to be successful, can lead to stress. This presentation will address:

- The many sources of stress in teens' lives
- How stress impacts teens; common outlets for stress (healthy and unhealthy)
- As a parent, how to recognize the signs of too much stress
- What are the risk factors for anxiety & depression; which factors can parents influence?
- How can parents best support their teens to build the resiliency to carry into adulthood?

**Kelly Schloredt, PhD** and **Gretchen Gudmundsen, PhD**, psychologists on the medical, research and teaching staffs at the Child & Adolescent Psychiatry and Behavioral Medicine Department at Seattle Children's Hospital and the University of Washington School Of Medicine will discuss this topic. Their research and patient care experiences have emphasized stress, coping and depression in youth, as well as behavioral treatment for adolescent mood disorder. Dr. Schloredt is currently a Clinical Associate Professor in the Department of Psychiatry and Behavioral Medicine at the University of Washington School of Medicine and is the Clinical Director of the Inpatient Psychiatry Unit at Seattle Children's Hospital. Dr. Gudmundsen is currently a postdoctoral fellow at the University of Washington & Seattle Children's Hospital and will be transitioning to an Acting Assistant Professor position in the fall.

## **Recommended for parents of students 12 and above**

This program is sponsored by Redmond High & Redmond Junior High PTSAs in collaboration with the Lake Washington PTSA Council

Questions? Contact Joanne Hall at [jjahall@juno.com](mailto:jjahall@juno.com)