You are the best ways to handle your problems and feelings is to talk to someone you trust.

Everyone has problems and strong feelings from time to time.

Keeping your thoughts and feelings to yourself can make you feel alone. Sharing them with another person can make problems seem easier to handle.

Is it just me?
A lot happens during your teen and young adult years. Your body is growing and changing. Your emotions are growing stronger as well, and it might be hard to handle that at first. You’re also learning more about who you are and how to be more independent and responsible.

Many of these changes are fun and exciting. Some are confusing and difficult. Everyone deals with some of these changes and the feelings that come up.

Have you had feelings or concerns like these?
- I feel like I don’t fit in.
- I’m unhappy about my body.
- I have this secret that bothers me.
- I feel stressed about school.
- I get scared when my parents fight.
- I’m scared because someone close to me drinks too much.
- I’m not sure whether to have sex or not.
- I think I might be gay, lesbian, bisexual, or transgender.
- I’m too busy to enjoy anything.
- I feel like I have to be perfect.

If you have thoughts or feelings like these, you are not alone. Some of these issues are a normal part of getting older and many teenagers and young adults have the same thoughts and feelings. The good news is that you can get help to handle them.

Feeling sad
People feel sad for lots of different reasons. Losing something that’s important to you, like a friendship, or dealing with a breakup, is often a trigger for feeling sad. Family problems or big changes in your life can sometimes cause sad feelings.

Am I feeling sad?
- I feel like crying.
- I’m eating more or less than I usually do.
- I’m having trouble with sleeping (too much or too little).
- My chest or stomach hurts.
- I’m having trouble focusing.
- I just want to be left alone.

How can I feel better?
Sometimes it helps just to cry. You might want to try writing about your feelings. Drawing or painting might help too. Sharing your feelings with someone you trust may help you feel better. Also, try getting some exercise, even if you don’t really feel like it. Fun physical activity can improve your mood and help you to sleep better.

Everyone feels sad sometimes, but if you feel very sad for 2 weeks or more without a break, you might be suffering from a more serious depression. You might need therapy or medicine to help you get better. Get help from a trusted adult right away. You can always call Kaiser Permanente for help.

Feeling anxious
Are you feeling worried or stressed out about friends, how you look, or how you are doing in school and in social situations? Are you worried about money or work? You’re not alone.

Am I feeling anxious?
- My muscles feel tight.
- I’m having trouble sleeping.
- My stomach or head hurts.
- I’m eating more or less than usual.
- I’m having trouble focusing.

How can I feel better?
Learning to handle stress can help you deal with anxiety. Deep breathing can help you relax. Physical exercise is a great way to beat stress and clear your mind. Talking things over with someone you trust can help, too.

Sometimes, anxiety can feel overwhelming. Try to go easy on yourself, and let go of the idea of “perfect.” If you can’t stop worrying or having panic attacks, you may need help to feel better.

Feeling angry
Anger is normal. It’s okay to feel angry sometimes. You might feel angry when things are unfair or you don’t get what you want.

Am I feeling angry?
- My stomach or head hurts.
- I feel really tense.
- My throat feels tight.
- I feel like crying or yelling.
How can I feel better?
You can learn ways to deal with anger. Sometimes it helps to pound on a pillow, get some exercise, or write about your feelings. You can even find a place to scream and yell where no one will hear you. Taking deep breaths, and counting to 10 can also help.

It is not okay to get so angry that you hurt other people, break things, or hurt yourself. If you don’t like how you treat other people when you get angry, it’s important to ask someone you trust for help.

Who can I talk to?
Think about all the people in your life. You probably know who you can go to with questions or problems. You may trust a close friend, a parent, another relative, coach, or teacher. Your doctor or nurse practitioner can be an important source of help.

Parents or other adults in the family
Talk to your parents or another adult family member if you can. Even if it feels like they won’t understand, you may be surprised how open and helpful they can be.

Teachers, counselors, coaches
Sometimes it’s easier to talk to someone outside your family. They can listen and give you advice. They can also help you find more help if you need it.

A word about friends
Friends are important, but they may not always be the best people to help you deal with strong feelings. Sometimes it’s hard for friends to be helpful, often because they’re too close to you to see the problem clearly. Other times, they may be having the same feelings. Keep in mind that sometimes it’s important to talk to a trusted adult.

Talk to someone ASAP!
You need to talk to your doctor or a trusted adult right away if you:
• You are thinking of suicide or hurting yourself in any way.
• Someone is hurting or abusing you physically or sexually. (See “More resources” on this page.)

Call us, and we can help if you are dealing with any of these problems:
• You are hurting or abusing someone physically or sexually.
• You’ve been feeling sad, angry, or anxious without a break for 2 weeks or more.
• You’re using drugs or alcohol to deal with feelings.
• You are using self-harm to cope with your feelings, like cutting, restricting food, over-exercising, or binging and purging food.

Getting help from Kaiser Permanente
All Kaiser Permanente offices have doctors and nurse practitioners that specialize in teenagers and young adults. There are also counselors and other mental health professionals who can help you. To make an appointment by phone, call the Kaiser Permanente Appointment and Advice Line at 1-866-454-8855. If you are 12 to 17 years of age, and wish the visit to be confidential, please mention this.

Many Kaiser Permanente offices also have support groups and classes. Visit your physician’s home page at kp.org/mydoctor for more information. You can make an appointment and come in to see a doctor, nurse practitioner, or counselor.

Some Kaiser Permanente facilities have a clinic with information and services designed specially for teenagers. Others offer special care for young adults who are 18 to 25. We are here to help you feel your best.

Top tips for dealing with strong feelings
• Take a deep breath, slowly inhaling and exhaling.
• Count to 10, slowly.
• Take a minute to put a name on your emotion, like “I’m feeling really angry right now” or “I feel scared and lonely.” Learn to do this without judgment or shame.
• Picture your feelings as a wave. See the wave coming in and going out again.
• Try not to shove your feelings down. Ignoring them can make them worse.
• Try to step back and get unstuck from your emotion. Learn to observe the feelings and recognize that they will pass.
• Use “I” statements when talking about emotions with others, such as “I feel angry when ....”
• Remind yourself that this feeling will not last forever. Remember times when you felt different.

More resources
Websites
• kp.org/mydoctor
• KidsHealth College Page kidshealth.org/teen/index.html
• American Psychological Association apahelpcenter.org
• kp.org/domesticviolence

Phone numbers
• Kaiser Permanente Member Service Center 1-800-464-4000
• Suicide Prevention Hotline 1-800-273-TALK
• If you are hit, hurt, or threatened by someone close to you, this can seriously affect your health. There is help. Contact the National Domestic Violence Hotline at 1-800-799-7233 or ndvh.org.