

## Peer / Social Stressors

### New Boyfriend, New Job, New Pressures – It's All Too Much

Janie is an honor roll student who has always been active in sports and is the captain of her varsity team. When she turned 16, she started dating the guy she always dreamed about, and she also got a job. However, there just was not enough time for Janie to do everything that she wanted to do, so she began getting less sleep. Eventually, she started feeling more stressed out and anxious. She had always avoided cigarettes, drugs and alcohol, but decided to try smoking when her friend told her it helped her feel more relaxed. However, after her mother found a pack of cigarettes in her car, she decided to quit.

After that, Janie began drinking alcohol and smoking pot in response to her stress. It didn't seem like a big deal because a lot of her friends drank and smoked at parties and seemed to do fine. Janie managed to spend the night at her friends' homes whenever she drank or smoked so her mother wouldn't find out. However, Janie's behavior began to change. She became more irritable and began fighting with her boyfriend. She had less energy to do all her work and her grades began dropping. She didn't feel like going to practice after school anymore and tried to drop out of sports, but her parents pressured her to continue, hoping she would get a sports scholarship for college.

Janie's parents tried to get her to quit her job and even offered to pay for her gas if she stayed in sports, but she liked having the extra money and continued working. However, Janie soon began thinking she couldn't deal with all the pressure and started having thoughts of wanting to die. She was ashamed to tell anyone how she was feeling because everyone always looked up to her and thought she had it all together. Janie now has major depression and is at risk for suicide.