

Developing teen brains are vulnerable to anxiety – but treatment can help

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Adolescence is the life stage when mental illnesses are [most likely to emerge](#), with anxiety disorders being the most common. Recent estimates suggest that [over 30 percent of teens](#) have an anxiety disorder. That means about one of every three teenagers is struggling with anxiety that significantly interferes with their life and is [unlikely to fade](#) without treatment.

Kayla is the anxious teen protagonist in the recent movie “[Eighth Grade](#).” From the acne peeking out through her makeup to the frequent “likes” that punctuate her speech, she seems to be a quintessentially awkward teen. Inside her mind, though, the realities of social anxiety meet the typical storm and stress of adolescence. Through its warm yet heart-wrenchingly truthful portrayal of an awkward and anxious teen, “Eighth Grade” provides a relatable character for identifying and understanding how teen anxiety can really look and feel.