

**SOCIO-PSYCHOLOGICAL FEATURES OF CORRECTION OF
ADOLESCENTS' EMOTIONAL STRESS IN THE FAMILY**

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ABSTRACT

This article gives information about the socio-psychological features of adolescents' emotional stress in the family and the ways of getting rid of stress for both parents and adults. Adolescence is an important period for developing social and emotional habits which are lifeblood for mental well-being. Adopting healthy sleep patterns, exercising regularly and developing coping are included in these habits.

KEYWORDS: *Stress, Emotion, Adult, Adolescence, Habit, Behavior, Skills, Control, Social Feature, Psychology, Parents, Counsellor, Teenager.*

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