

# Sweating - Stress Related

## Definition

- Some teens sweat profusely when nervous
- Also called emotional sweating

## Health Information

### Universal Types of Normal Sweating

**The following types of sweating are normal, but are not covered in this topic:**

- Normal sweating from hot environment (heat exposure)
- Normal sweating from exercise (heat generation)
- Normal sweating with fever going down
- Normal sweating from the head during sleep (when body covered with blankets)

## Care Advice

### 1. Overview- Emotional Sweating is Normal:

- Reassure your teen that sweating when tense or nervous is normal.
- It usually starts after puberty (early teen years).
- More common in people who are anxious or worriers
- Sites: mainly excessive sweating from the armpits, palms and soles.
- Triggers. It's common in social settings such as at a party. It also occurs before public performances such as giving a speech.
- Here is some care advice that should help.

### 2. Help Your Teen Deal with Future Stress:

- Help your teen talk about events that trigger increased sweating.
- Discuss how to cope with these the next time around. Practice your approach.
- Never avoid normal social situations that trigger anxiety. That will only increase your symptoms.
- Help your teen worry less about things he or she can't control.
- Relaxation exercises may help.

### 3. Prevent Stress:

- Sleep. Teach your child the importance of getting enough sleep. This should be at least 8 hours each night. Stress is easier to handle if you get adequate sleep.
- Exercise. Exercise releases chemicals that protect from stress. At least go for a walk every day.
- Fun. Do something fun and relaxing every day. Examples are music, reading, and talking with friends.

### 4. Use an Underarm Antiperspirant:

- Introduce your teen to underarm antiperspirants.
- They reduce the production of sweat.
- Apply when the skin is clean and dry. Gently massage while applying.
- Must be applied daily. Some teens need to apply twice a day.

## Call Your Doctor If

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- Sweating doesn't improve with this advice
- Your teen starts avoiding normal social events
- You have other questions or concerns

### **Pediatric Care Advice**

**Author:** Barton Schmitt MD, FAAP

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