

Overview: Use this worksheet to follow along while participating in YNRA's **StressLESS Live Virtual Workshop** OR challenge yourself to learn more and deepen your understanding afterwards.

PART A: Understanding Levels of Stress

Below is what we call the **Stress Spectrum**. It shows us that stress isn't all good or bad, but can affect us in different ways and at different levels. Did you know, some stress can actually be HELPFUL? We are all going to experience stress throughout our lives - it's only natural!

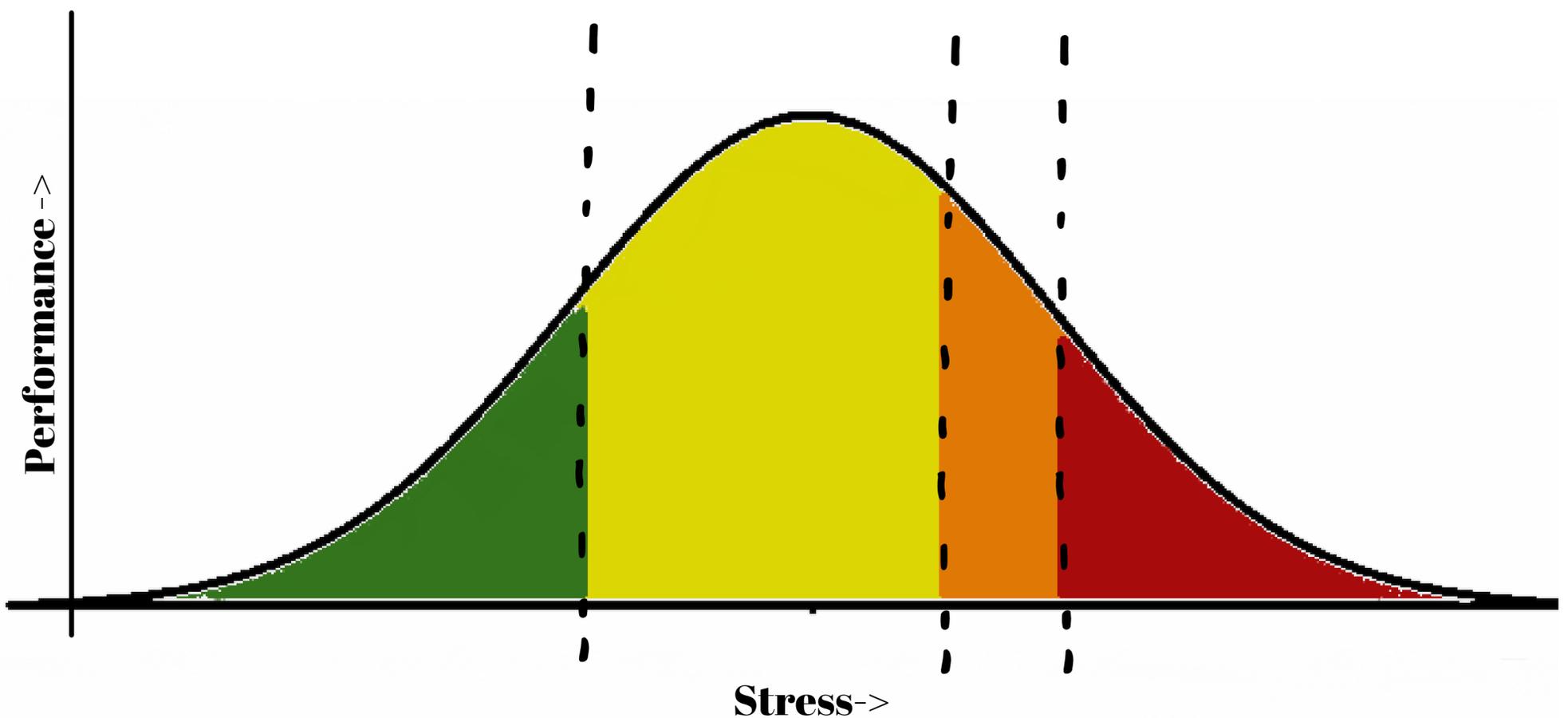
Instructions: Fill in the spaces across the graph by putting in some situations where the level of stress you're feeling would be in the:

GREEN ZONE - when you're feeling totally chill, not stressed, and cool as a cucumber.

YELLOW ZONE - when you're feeling a little on edge, but it's totally manageable, and the stress might actually be helpful - like a basketball player feeling the pressure before the last shot!

ORANGE ZONE - where you feel like this might be too much to deal with...

RED ZONE - when you're at freaking OUT, and thinking "get me OUTTA here!"



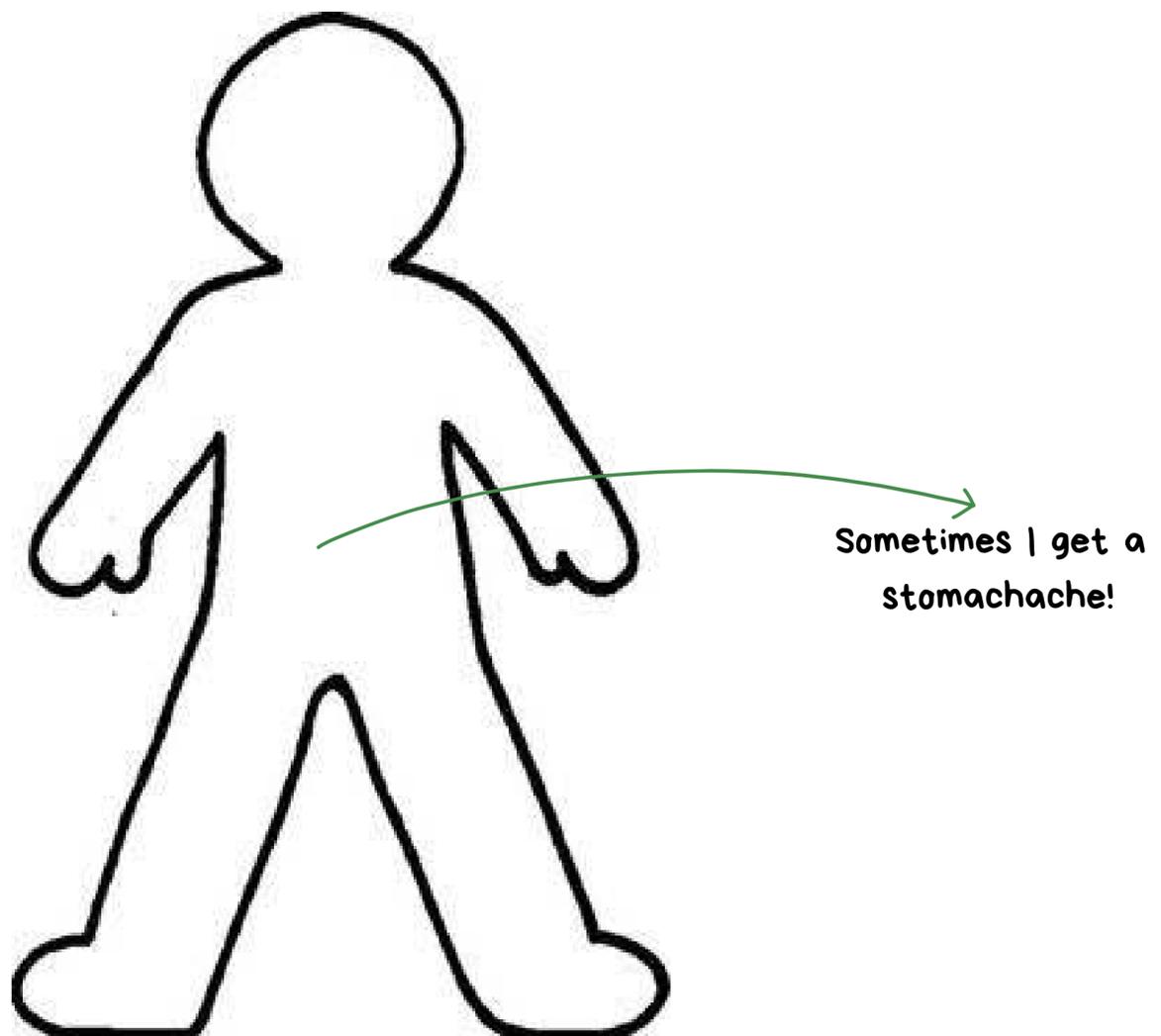
Reflection:

- How are performance and stress related? Can stress HELP us perform better? How does too much stress affect our performance? (i.e. how do we perform in the orange and red zones?).

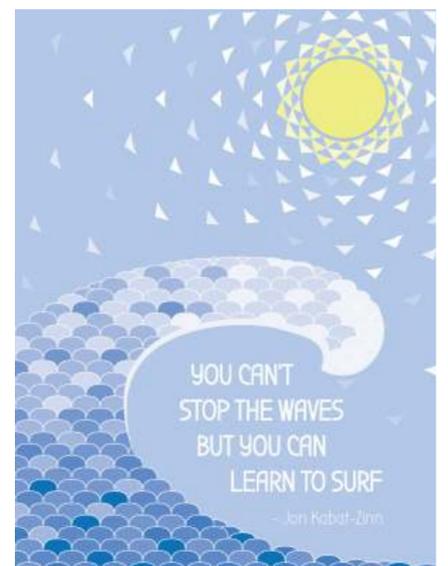
- Who could you **go to for help** if you or a friend was in the orange or red zones?

PART B: Understanding Stress in the Body

Instructions: Mental health and physical health are very closely related! Sometimes we can **feel** in our bodies when we are stressed. Pretend this is your body and fill in all the places where you can feel stress! You can add thoughts, emotions, and behaviours that are signals that you are **TOO** stressed (i.e. in the **orange** and **red** zones). We've added our own example to start you off!



Discussion: It's important to understand the signals our body give us to tell us when we're stressed, and when we're in the orange and red zones of stress especially! But how do we know when our friends are stressed if we don't feel what they feel? What are other signals we can **SEE**?



BONUS: How might this quote apply when we talk about stress?

PART C: Stress Coping Strategies Challenge

Instructions: We challenge YOU to create your very own **Stress Coping Strategy Bingo Sheet** and to do as many things as you can on it over the next week! Need some inspiration? We've filled in a few, but use the questions below to think about what else matters for YOUR self-care:

- How can I organize myself to manage stress better (e.g. make a to-do list)? *(finding solutions)*
- How can I release some of the tension that comes with stress (e.g. go for a run)? *(tension release)*
- How can I treat and care for myself when I feel stressed out (e.g. give yourself a break)? *(self-love)*
- How can I use my mind/thoughts to change the way I feel (e.g. mindfulness)? *(cognitive strategies)*

		Went on a long walk 		Made a To-do List! 
Took a long bath/shower 		FREE SPACE DO NOTHING!		
			Allowed myself to Cry! 	
	Tried a Guided Meditation 			

Post your own Stress Coping Strategies Bingo sheet & tag @CHEOyouthnet on Instagram for a chance to win a prize!

Check out ynra.ca for more tips & tricks on mental health maintenance & to sign up for our virtual programs! Email info@ynra.ca for more information.