

**Overview:** Use this worksheet to follow along while participating in YNRA's **StressLESS Live 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, so we can indeed make stress work for us!

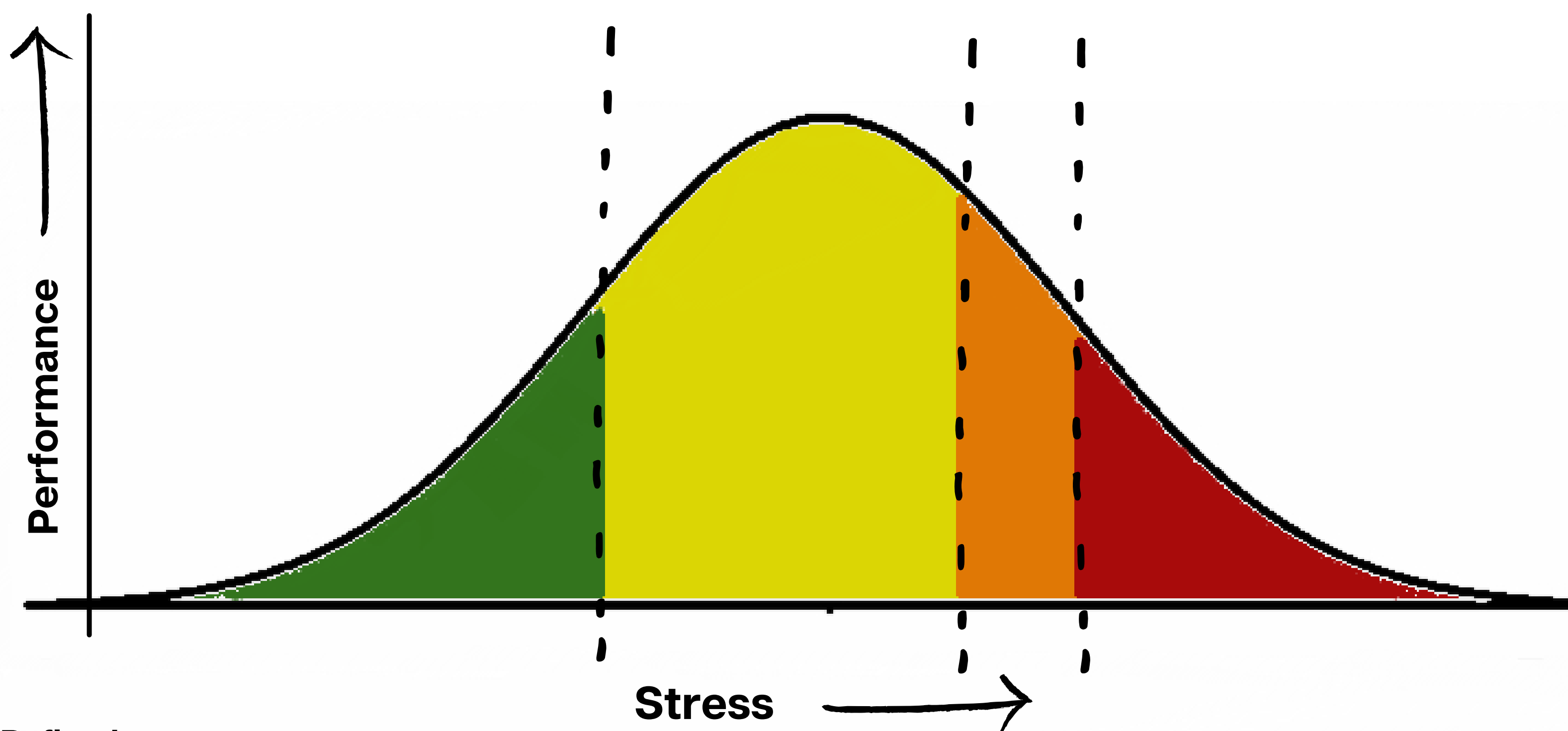
**Instructions:** Fill in each coloured space on the graph with a situation that matches the level of stress you would feel in each zone:

**GREEN ZONE:** When you're feeling totally chill, not stressed - 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 they take a shot!

**ORANGE ZONE:** Where you feel like stress might be getting a bit too much to deal with...

**RED ZONE:** When you feel like this situation is NOT okay and thinking "get me OUTTA here!!"



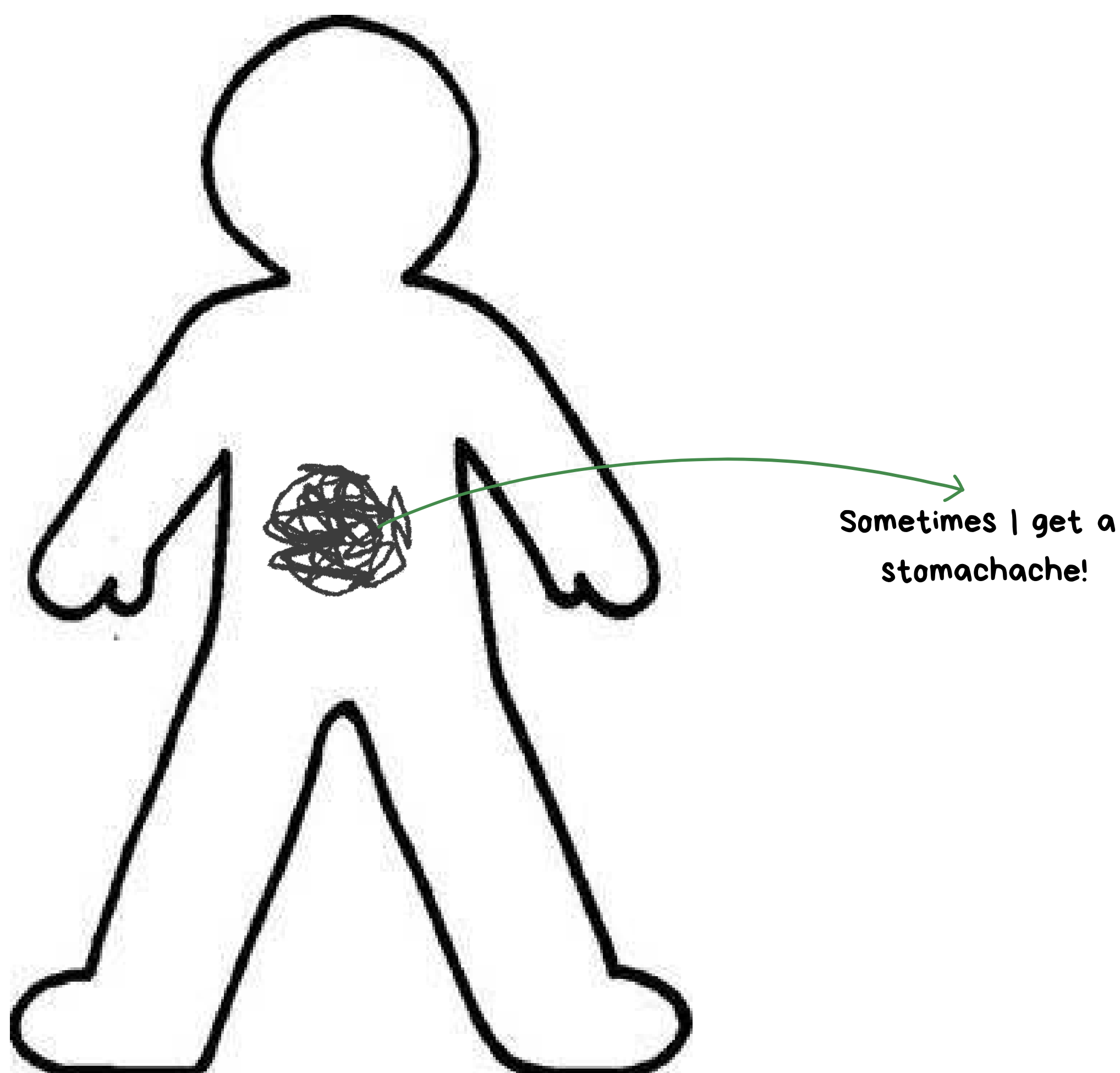
### Reflection:

- How are performance and stress related? Can stress HELP us do better in those things we need and/or want to do in life? How does too much stress affect our performance?

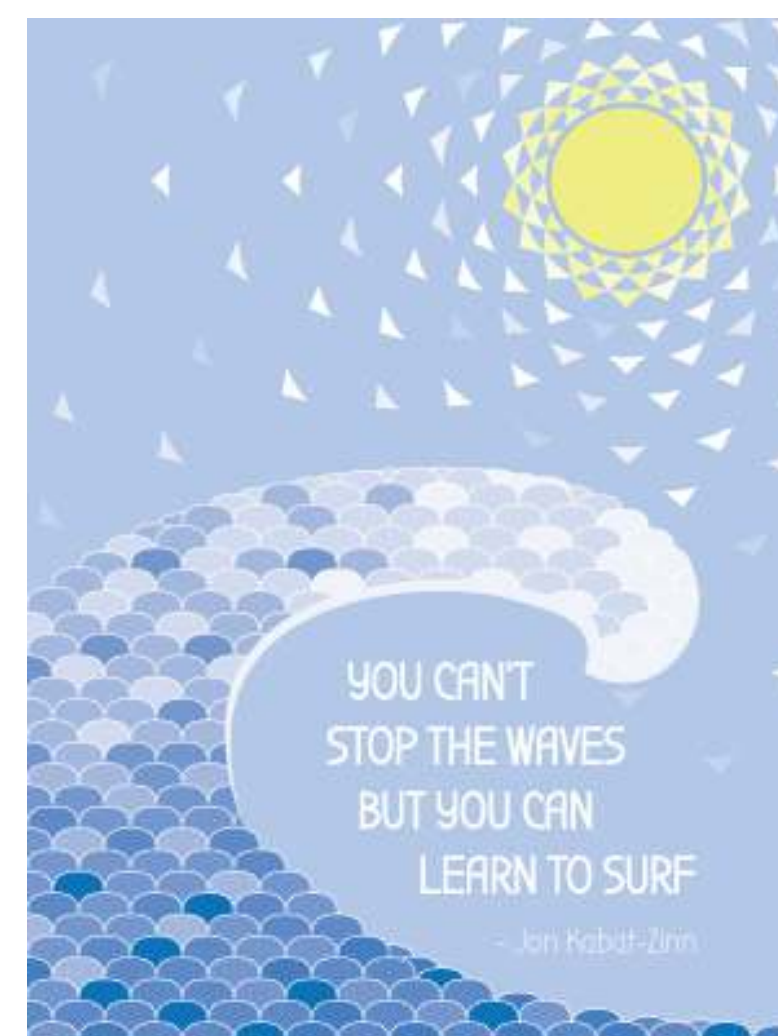
- Who could you **go to for help** if you or a friend was in the orange or red zones?

## 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. Use the figure below to fill in all the places **where you might feel stress!** You can add thoughts, emotions, and behaviours that are signals that stress is starting to build up or become too much (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. How can this understanding of how our bodies and minds react to stress actually help us manage it? Have you ever noticed when others become stressed around you? What signs might you notice in a friend or loved one?



## 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 myself a break)? *(self-love)*
- How can I use my mind/thoughts to change the way I feel (e.g. mindfulness)? *(cognitive strategies)*

		Made plans with a friend 		Made a to-do list! 
Took a long shower or bath 		FREE SPACE DO NOTHING!		
			Allowed myself to Cry! 	
	Tried a Guided Meditation 			

Check out [ynra.ca/youth-engagement](https://ynra.ca/youth-engagement) for more tips & tricks on mental health maintenance & to sign up for our **Monthly Coping Challenges** for a chance to win a \$50 gift card!



Who can we reach out to if we need help?



## Youth Mental Health E-Learning Hub

Now, more than ever, it can be **hard to find resources** that are available to help, whether you need access to mental health services, a peer support group, or just someone to **TALK** to.

Explore the **Youth MH E-Learning Hub** (created by youth and for youth) for more info, activities & resources. Also save this page for a **handy-dandy** list of resources available to support **YOU!**



[ynra.ca/learning-hub/](https://ynra.ca/learning-hub/)



### **CounsellingConnect.org**

- Free phone/video counselling sessions, no waitlist, multilingual



**YOUTH  
SERVICES  
JEUNESSE**



### **YSB: [ysb.ca/services/ysb-mental-health](https://ysb.ca/services/ysb-mental-health)**

- Mental health, employment, housing, 24/7 online crisis chat & more; For youth ages 12-18



**24/7 Crisis Line: 613-260-2360**



### **1Call1Click.ca**

- Makes it simple to find mental health & addiction care that's right for you; For children, youth & families



### **BeSafeApp.ca**

- Find local resources for support, create a safety plan & be prepared if you find yourself in a crisis



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