



Feeling
STRESSED
for International
Students



SUPPORTING
DISCUSSIONS
WITH STUDENTS



BRITISH
COLUMBIA

Feeling Stressed

Supporting Discussions with Students

Overview

This document is for educators, school counsellors, international student program staff, and other adults supporting international students' well-being. It is an accompaniment to the *Feeling Stressed* worksheet for students and is meant to facilitate discussions with students.

It is normal for students to feel stressed from time to time. For international students, far from home, this can be particularly true. In addition to the everyday stress that all students endure, international students experience acculturation stress. Also known as culture shock, this is the stress caused by adapting to a new culture and environment.

Keeping stress at a manageable level is crucial for students, as long-term stress can affect sleep, and the immune, digestive and cardiovascular systems. Stress can trick the brain into thinking someone is in danger, and trigger the brain's fight, flight or freeze responses. Over time, continued stress can contribute to serious health problems, including depression and anxiety.

Everyday practices and skill-building can help all students maintain or improve their ability to manage stress. As such, BC's Physical and Health Education curriculum includes strategies to manage stress and promote well-being in elementary and secondary grades.

Working collaboratively with classroom teachers and school counsellors, social-emotional learning, and mental health leads will ensure that international students experiencing high levels of stress get the best possible support and learning opportunities.

KEY POINTS

- *Everyone experiences stress in their daily life. While stress can have positive effects, such as protecting us from danger, long-term stress can contribute to serious health problems, including anxiety and depression.*
- *Because they are experiencing the pressures of adapting to a new school and new culture, international students can be vulnerable to higher stress levels.*
- *Everyday practices and skill-building can help students maintain or improve their ability to manage stress. Building skills, such as time management, problem-solving and goal-setting, can also help students address the underlying issues that fuel their stress.*
- *Cultural differences can mean that some international students describe their stress symptoms stress differently than typical Canadian-raised students or that they might be more open to some strategies than others. Draw on your cultural knowledge as you walk through the worksheet with a student.*
- *Some people use the terms stress and anxiousness interchangeably, so watch for the signs of stress regardless of the terminology they are using.*
- *Teachers and international student program staff are not mental health professionals. However, they play a crucial role in recognizing changes in students and noticing when they are not coping well. Their ongoing support can also make a big difference for a student struggling to manage stress.*

Noticing Signs of Stress

While some students may recognize the signs of stress, not all will. The table below outlines stress symptoms typically seen in teenagers. Remember that there may be cultural differences in how some international students describe and show stress symptoms.

SIGNS YOU MIGHT OBSERVE	THINGS STUDENTS MAY DESCRIBE
<ul style="list-style-type: none">• <i>Anger, disillusionment</i>• <i>Distrust of the world</i>• <i>Low self-esteem</i>• <i>Tiredness</i>• <i>Forgetfulness</i>• <i>Overwhelmed</i>• <i>Easily frustrated, irritable</i>• <i>Abandoning long-time friends for a new set of peers</i>• <i>Expressing excessive hostility toward family members</i>	<ul style="list-style-type: none">• <i>Headaches, stomach aches, nausea</i>• <i>Panic attacks, feeling dizzy or light-headed</i>• <i>Tension in the back, neck or jaw</i>• <i>Changes in appetite or sleep patterns</i>• <i>Difficulties concentrating or making decisions</i>• <i>Thoughts continuously running through their head</i>• <i>Feeling a loss of control</i>• <i>Significantly avoiding parents</i>• <i>Rebellious</i>• <i>Using alcohol or drugs to deal with stress</i>

School Mental Health Ontario, 2019



Using the Feeling Stressed Worksheet

Use the student-focused *Feeling Stressed* worksheet along with this document to support collaborative discussions with students who appear to be experiencing high levels of stress. This document will guide you to learn more about what's going on for the student, provide everyday mental health strategies and assess whether they need additional support from school counsellors, healthcare professionals or others. The student worksheet will provide the student with the main points and encourage them to make plans to support their well-being.

Ongoing high levels of stress can make someone more vulnerable to depression. Reviewing the document *Experiencing Low Mood: Supporting Discussions with Students* ([available here](#), in the *Health and Wellness Guidelines for International Students* section) will help you gauge whether the student is dealing with stress or something more serious.

Working through the worksheet can be done in one sitting or over time, and it is not necessary to follow any particular order. However, at the end of the first sitting, you will want to:


- **Have a sense of how well they are coping with their stress and the source of it.**
- **Know if they are using unhealthy coping mechanisms such as alcohol, drugs or self-harming to cope with stress.**

Make sure to check in on the student at a later date to continue the discussion and see how they are progressing on their plans.

The Worksheet

Recognize Your Stressors

RECOGNIZE YOUR STRESSORS



Think about what is causing you stress now and about stressful situations in the past. What makes you feel worried, angry or tense? Is it 1 or 2 things, or a bunch of small things? If you know what your stressors are, you can work out how to face them.

Feeling Stressed

Stress is the emotional or physical tension that comes when you feel nervous, angry or frustrated. Stress can be helpful in small amounts, and helps you meet deadlines and avoid danger. When it lasts a long time, it can negatively affect your emotions, mind, and body. But there are things you can do to manage stress when it feels overwhelming.

HOW TO RECOGNIZE STRESS	TIPS	YOUR PLAN
<p>RECOGNIZE YOUR STRESSORS</p> <p>Think about when a feeling you stress now and about stressful situations in the past. What makes you feel worried, angry or tense? Is it 1 or 2 things, or a bunch of small things? If you know what your stressors are, you can work out how to face them.</p>	<p>If a stressor you feel, try some calming strategies every day.</p> <p>If a big assignment is what's worrying you, break it into smaller, more manageable pieces.</p>	<p>My stressor _____</p>
<p>USE CALMING STRATEGIES</p> <p>Calming strategies can help reduce stress. Try a few to see which work best for you:</p> <ul style="list-style-type: none"> • breathing exercises • muscle relaxation exercises • mindfulness practices • visualization • yoga • listening to music • spending time in nature 	<p>Meditation, breathing and muscle relaxation exercises can all be done on-the-go stress relievers. You can do them anywhere, and some take 5 minutes or less.</p>	<p>My calming strategies _____</p>
<p>MAINTAIN A HEALTHY LIFESTYLE</p> <p>Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of fruits and avoid sugary drinks and highly processed foods. Get 8-10 hours of sleep every night per night. Limit screen time.</p>	<p>Get a goal of leaving your recreational screen time in 2 hours per day across all devices – television, tablet, computer and phone.</p>	<p>My other stress reliever _____</p>
<p>MAKE TIME TO BREAK</p> <p>It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing, reading, writing, painting, listening to music, a favorite hobby, volunteering, or watching a movie – whatever helps you relax.</p>	<p>If adding time for relaxation seems impossible, consider taking part of another activity to fit in some time.</p>	<p>My relaxation plan _____</p>
<p>TALK TO SOMEONE YOU TRUST</p> <p>Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you want to go to the help you need when you feel stressed. If you feel that you might harm yourself, seek for a trusted adult immediately.</p>	<p>When dealing with a task, look for someone you're comfortable with and trust. You need someone who will respect your privacy, be understanding and won't judge you.</p>	<p>People I can talk to _____</p>

FEELING STRESSED WORKSHEET FOR STUDENTS

Listen to Learn More about Their Stressors and How They Are Feeling

Many students struggle with stress from time to time. Given that they are far from home and face many challenges, international students are particularly vulnerable. Knowing more about how they are feeling and the sources of the stress will help you and the student decide how best to support them. The questions below can help you learn more.

- How are they feeling? How long have they been feeling this way?
 - Explore some of the signs of stress (previous page) with them. Not all students will make the connection between stress and some of the symptoms they are experiencing.
- Do they know what the source of the stress is?
 - Knowing the sources of their stress allows the student to deal with it.
 - If they don't know the source, explore how they feel about typical underlying sources, such as homesickness, academic challenges, cultural differences, inability to "fit in," difficulties making friends, homestay issues, bullying, isolation and differences in teaching styles. Having limited

English-language skills can intensify their challenges and increase their stress.

- How have they have tried to address the stress and its source? Knowing what they have tried can provide insights into unhealthy stress responses such as overeating/undereating, withdrawing from friends and family, or using alcohol/drugs. It can also identify the skills they may already have. For example:
 - Have they increased their physical activity, worked on their sleep habits, or started a mindfulness practice?
 - Have they used problem-solving strategies to look at different alternatives for solving the underlying issue? Have they broken a big assignment into smaller achievable chunks, or are they just procrastinating and worrying?
- How do people usually deal with stress in their home country? Asking this question can provide insights into culturally appropriate strategies to support them.

Discussion Points

- Stress is a normal part of life, and it is not always bad. It helps you run to safety in a dangerous situation, and it motivates you when you take a test.
- It's easier to manage stress when you understand how your body responds to it and the cause of the stress.

Actions

Encourage the student to identify their key stressors.

Use Calming Strategies

USE CALMING STRATEGIES



Calming strategies can help reduce stress. Try a few to see which work best for you:

- breathing exercises • muscle relaxation exercises
- mindfulness practices • aromatherapy
- yoga • listening to music • spending time in nature

Feeling Stressed

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HOW TO MANAGE STRESS	TIPS	YOUR PLAN
RECOGNIZE YOUR STRESSORS Think about when feeling stressed comes on and about stressful situations in the past. What makes you feel nervous, angry or stressed? Is it 2 or 3 things, or a bunch of small things? If you know what your stressors are, you can work on how to best manage them.	If a stressor comes up, try to take calming strategies on your own. If a big engagement is about to begin, try to break it into smaller, more manageable pieces.	My stressors: _____ _____ _____
USE CALMING STRATEGIES Calming or stressor can help reduce stress. Try a few that you like best for you: • breathing exercises • muscle relaxation exercises • mindfulness practices • aromatherapy • yoga • listening to music • spending time in nature	Meditation, breathing and muscle relaxation exercises can all be great on the go. Stress relievers, like lavender, can help you relax, and some have a calming effect.	My calming strategies: _____ _____ _____
MAINTAIN A HEALTHY LIFESTYLE Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of fruits and avoid sugary drinks and highly processed foods. Get 6-9 hours of uninterrupted sleep per night. Limit screen time.	Set a goal of limiting your recreational screen time to 2 hours per day. Screen time of devices — television, tablet, computer and phone.	My effort to stay healthy: _____ _____ _____
MAKE TIME TO RELAX It's easy to get stressed when your schedule is busy. Make time in your schedule for things that you enjoy: doing nothing, reading, journaling, listening to music, a power nap, walking, or watching a movie — whatever helps you relax.	If a busy time in the relaxation seems impossible, consider setting up of another activity to fit in some time.	My relaxation plan: _____ _____ _____
TALK TO SOMEONE YOU TRUST Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you need the person to help you problem solve or just listen. If you feel that you might harm yourself, seek help from a trusted adult immediately.	When deciding who to talk to, look for someone you're comfortable with and can trust. You want someone who will respect your privacy, be understanding and won't judge you.	People I can talk to: _____ _____ _____

FEELING STRESSED WORKSHEET FOR STUDENTS

Discussion Points

- Discuss whether they have tried any calming strategies.
- Which ones have been effective for them?
- Are there strategies they would like to try? (See *Resources: Calming Strategies.*)

Tip

Try a brief calming strategy with the student. Doing so will demonstrate that you believe the techniques are helpful and increase their likelihood of using them.

Actions

Encourage the student to identify the calming strategies that they will try and use.

Relax and Do Things You Enjoy

MAINTAIN A HEALTHY LIFESTYLE



Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of foods and avoid sugary drinks and highly-processed foods. Get 8 -10 hours of uninterrupted sleep per night. Limit screen time.

Feeling Stressed

Stress is the emotional or physical tension that comes when you feel nervous, angry or frustrated. Stress can be helpful in small amounts, and helps you meet deadlines and avoid danger. When it lasts a long time, it can negatively affect your emotions, mind, and body. But there are things you can do to manage stress when it feels overwhelming.

WHAT TO AVOID	TIPS	YOUR PLAN
RETHINK YOUR STRATEGIES Think about when you're stressed and about stressful situations in the past. What makes you feel nervous, angry or stressed? Is it 2 things, or a bunch of small things? If you know what your stressors are, you can work on how to best deal with them.	If you're stressed out, try some calming strategies on your own. If a big assignment is about to begin, break it into smaller, more manageable pieces.	My stressors: _____ My calming strategies: _____
USE CALMING STRATEGIES Calming strategies can help reduce stress. Try a few in one which work best for you: • breathing exercises • muscle relaxation exercises • meditation practices • visualization • journaling • listening to music • spending time in nature	Meditation, breathing and muscle relaxation exercises can all be great on the go. Some others, like journaling, may require more time and space.	My calming strategies: _____
MAINTAIN A HEALTHY LIFESTYLE Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of foods and avoid sugary drinks and highly-processed foods. Get 8-10 hours of uninterrupted sleep per night. Limit screen time.	Set a goal of limiting your recreational screen time to 2 hours per day, unless advised otherwise by your doctor.	My screen time limit: _____
IT'S EASY TO GET STRESSED WHEN YOUR SCHEDULE IS BUSY Schedule time for your schedule for things that you enjoy: doing nothing, journaling, listening to music, a physical hobby, volunteering, or watching a movie — whatever helps you relax.	If adding time for relaxation seems impossible, consider setting up of another activity to fit in some time.	My relaxation plan: _____
TALK TO SOMEONE YOU TRUST Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you want to talk to someone about your stress. If you feel that you might harm yourself, seek help from a trusted adult immediately.	When deciding who to talk to, look for someone you're comfortable with and can trust. The more someone knows about your situation, the more they can help you.	People I can talk to: _____

Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Limit screen time. Eat a well-balanced diet with a wide variety of foods and avoid sugary drinks and highly processed foods. Get 8 -10 hours of uninterrupted sleep per night.

Discussion Points


- Being physically active is an effective way to reduce stress.
 - Health Canada recommends that teens get at least 60 minutes of moderate-to-vigorous physical activity daily, with vigorous physical activities and muscle and bone-strengthening activities on at least three days per week.
 - Reflect on the student's current activity level.
 - If they are regularly physically active, are they finding that it helps with their stress?
 - If they are not active, brainstorm how they might become more active.
- Sleep can often be affected by stress, and not getting enough sleep can affect our ability to handle stress.
 - Students 14—17 years old need 8 to 10 hours of uninterrupted sleep per night, with consistent bed and wake-up times.
- Reflect on the student's sleep habits, including the amount of sleep they are getting, bed and waking times, sleep disruptions and whether technology interferes with their sleep. (See *Resources: Sleep*.)
- Maintaining a healthy diet with a healthy breakfast, regular mealtimes, and limited junk food can help a student's mood and make them better able to handle stress.
 - Reflect on the student's eating habits, including skipping meals, overeating or filling up on sugary or other junk foods.
- Canada's recommended guideline for recreational screen time for children and youth is no more than two hours per day.
 - Reflect on the student's technology usage, particularly in the evening and night, when it may interfere with sleep.

Actions

Based on the discussion, encourage the student to make positive and specific changes in one or two healthy living areas.

Make Time to Relax

MAKE TIME TO RELAX



It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing. Hiking, reading, journaling, listening to music, a favourite hobby, volunteering, or watching a movie — whatever helps you relax.

Feeling Stressed

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WAYS TO MANAGE STRESS	TIPS	YOUR PLAN
BOUNCE YOUR STRESSORS Think about what's causing you stress now and about possible situations in the past. What makes you feel worried, angry or tense? Is it 1 or 2 things, or a bunch of small things? If you know what your stressors are, you can work out how to face them.	If stress comes up, try some coping strategies on your own. If a big emotion is what's worrying you, break it into smaller, more manageable pieces.	<i>My strategy</i> _____ _____
USE CALMING STRATEGIES Calming strategies can help reduce stress. Try a few to see which ones work best for you: • breathing exercises • muscle relaxation exercises • meditation practices • visualization • yoga • listening to music • spending time in nature	Meditation, breathing and muscle relaxation exercises can all be done on the go when relevant. You can do them anywhere, and some take 5 minutes or less.	<i>My calming strategies</i> _____ _____
MAINTAIN A HEALTHY LIFESTYLE Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of fresh and dried fruits, grains and highly processed foods. Get 8-10 hours of sleep every night. Limit screen time.	Set a goal of leaving your recreational screen time in 2 hours per day across all devices — television, tablet, computer and phone.	<i>My other lifestyle habits</i> _____ _____
MAKE TIME TO RELAX It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing, reading, journaling, listening to music, favourite hobby, volunteering, or watching a movie whenever you can.	If adding time for relaxation seems impossible, consider listing your favourite activity to fit up some time.	<i>My relaxation plan</i> _____ _____
TALK TO SOMEONE YOU TRUST Talking to friends or trusted adults can really help when you just feel stressed. Plan ahead. Think about whether you want to go outside to help you breathe better or just sit down. If you feel that you might have your self, ask for a trusted adult immediately.	When dealing with a task, look for someone you're comfortable with and ask for help. You need someone who will respect your privacy, be understanding and won't judge you.	<i>People I can talk to</i> _____ _____

FEELING STRESSED WORKSHEET FOR STUDENTS

It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing. Hiking, reading, journaling, listening to music, a favourite hobby, volunteering, or watching a movie — whatever helps you relax.

Discussion Points

Hobbies, interests, time with friends and other activities can help students relax and take a break from their stress.

Actions

Encourage the student to note some specific relaxing activities that they plan to do in the next week.

Talk to Someone You Trust

TALK TO SOMEONE YOU TRUST



Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you want the person to help you problem-solve or just listen. **If you feel that you might harm yourself, talk to a trusted adult immediately.**

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WAYS TO MANAGE STRESS	TIPS	YOUR PLAN
RECOGNIZE YOUR STRESSORS Think about when it comes you stress most and about stressful situations in the past. What makes you feel nervous, angry or stressed? Is it a 2-step, or a bunch of small things? If you know what your stressors are, you can work hard to fix them.	Figure out how you feel by some coping strategies on a regular basis. If a big engagement is which worrying you, break it into smaller, more manageable parts.	My stressors: _____ _____ _____
USE CALMING STRATEGIES Calming strategies can help reduce stress. Try a few to see which work best for you. • breathing exercises • muscle relaxation exercises • mindfulness practices • aromatherapy • yoga • listening to music • spending time in nature	Meditation, breathing and muscle relaxation exercises can all be great in the go stress relievers. You can do them anywhere, and some take 5 minutes or less.	My calming strategies: _____ _____ _____
MAINTAIN A HEALTHY LIFESTYLE Maintaining a healthy lifestyle helps you manage stress. Get regular exercise. Eat a well-balanced diet with a wide variety of fruits and avoid sugary drinks and highly processed foods. Get 8-10 hours of uninterrupted sleep per night. Limit screen time.	Set a goal of limiting your recreational screen time to 2 hours per day across all devices — television, tablet, computer and phone.	My sleep schedule: _____ _____ _____
TAKE TIME TO RELAX It's easy to get stressed when your schedule is busy. Build time into your schedule for things that you enjoy doing, like reading, journaling, listening to music, a favorite hobby, volunteering, or watching a movie — whatever helps you relax.	If taking time for relaxation seems impossible, consider taking 5 minutes of another activity to give up some time.	My relaxation plan: _____ _____ _____
TALK TO SOMEONE YOU TRUST Talking to friends or trusted adults can really help when you feel stressed. Plan ahead. Think about whether you want the person to help you problem-solve or just listen. If you feel that you might harm yourself, talk to a trusted adult immediately.	When deciding who to talk to, look for someone you're comfortable with and can trust. This could be someone who will respect your privacy, be understanding and won't judge you.	_____ _____ _____

Discussion Points

Trusted adults can help you deal with your stress.

Actions

- Discuss who the local trusted adults are that the student is comfortable talking to about this.
- Also, explore who would be helping them deal with this at home and what advice that person would likely give them.
- Remind them of the importance of immediately reaching out to trusted adults or crisis support lines if they feel they might harm themselves.

Follow-up Actions

After the discussion with the student, consider your next steps.

- **If the student has had suicidal thoughts or is self-harming, immediately follow your district's/ school's protocol.**
- If the student is in distress, work with their school counsellor on determining the appropriate next steps.
- For all students who are struggling with managing their stress:
 - Have frequent and regular check-ins to see how they are doing and to provide support. Look for changes in their symptoms, their use of stress management strategies and assess progress on their worksheet plans. Consider weekly or bi-weekly check-ins, at least initially. The check-ins remind the student that someone cares about them and fosters those crucial student-adult connections that make it easier to ask for help.
 - Provide opportunities to learn and develop stress management skills such as problem-solving, goal-setting and time management. (See *Resources: Skill-building*.) Collaborate with their Physical and Health Education and other classroom teachers to build on and reinforce these skills.
 - Consider the underlying problems that are fuelling their stress. While still encouraging the student to solve their problems, consider how the issue might be addressed. For example, if the student feels lonely and without friends, is their lack of English language skills the main barrier? If so, how might you increase their language support?

¹ Part of the *Health and Wellness Guidelines for International Students* series.

Program-wide Strategies to Address Stress

Stress is a normal part of life, but the additional stress of moving to a new culture puts international students at greater risk for suffering from long-term stress. Consider how your international student program might include effective strategies that support all international students in dealing with their stress. Those strategies include:

- Ensuring that all students have a sense of belonging, social connections and a robust support network. Designing your program to foster strong connections between students and the teachers and other adults who support them will encourage students struggling with stress to reach out earlier, before there is a crisis.
- Intentional skill-building to help students improve their ability to achieve their goals. Learning opportunities that help develop time management, realistic thinking, problem-solving, goal-setting, positive coping, and other stress management skills benefit all students. However, they provide the most significant benefit to those students who are struggling.
- Encourage the use of everyday healthy lifestyle and stress management strategies, such as regular physical activity, good sleep habits, and calming practices.

Embedding these strategies across your program – from pre-arrival to orientation and through ongoing support – will help your international students be successful and achieve their goals. For more information on building these strategies into your program, see [Understanding Homesickness and Acculturation Stress](#).¹

¹ Part of the *Health and Wellness Guidelines for International Students* series.

Resources

Calming Strategies

Guided Mindfulness Meditations

Kelty Mental Health

A collection of mindfulness practices, including body scans, guided breathing meditations, and other simple exercises to refocus on the present and calm our minds.

MindShift™ App

Anxiety Canada

Cognitive Behavioural Therapy (CBT) based tools and strategies that help students reorient their thinking and make lasting positive change. The app includes quick-relief calming techniques.

Virtual Calming Room

Sacramento City Unified School District

A wide range of calming practices, including calming sounds and music, a variety of guided meditation and mindfulness practices, yoga sessions and many other calming strategies.

Healthy Eating

Canada's Food Guide Snapshot

Health Canada

A 2-page visual snapshot of Canada's Food Guide in 30+ languages, with additional detail in English.

Skill-building for Students

Essential Study Skills: Time management

Algonquin College

Although this website targets university students, it provides clear, sound strategies for improving your time management skills. It includes quizzes, tips and tools.

Dealing with Depression Online

Bilsker, Gilbert et al. at Centre for Applied Research in Mental Health & Addiction (SFU)/PHSA/BC Children's Hospital

As part of its focus on supporting teens with

depression, the website includes interactive skill-building modules on realistic thinking, problem-solving, and goal-setting — valuable stress-management skills for all students.

Sleep

Essential Study Skills: Sleep

Algonquin College

This website provides clear, sound information on sleep habits that is suitable for secondary students. It includes quizzes, tips and tools.

Getting a Good Night's Sleep

Anxiety Canada

Provides tips on improving sleep habits using simple language that is accessible to international students.

Stress

For Teens: Creating Your Personal Stress-Management Plan

American Academy of Pediatrics

Walks teens through a 10-point plan for managing stress and provides a downloadable template to create their own plan. It is a valuable tool for helping students be more specific on how they will work on their stress management. (Grade 5 reading level.)

Stress: What Can You Do About It?

Psychology Foundation of Canada

A decision chart to help students determine their best approach for dealing with a stressful situation.

Virtual Field Trip - Stress Management and Coping

School Mental Health Ontario & OPHEA

A series of six lesson plans for secondary students that explore the connection between physical health and mental health. It includes **breathing strategies** to cope with stress.

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