



CALGARY
YOUTH
JUSTICE
COMMITTEES

Volunteer Stress Management and Healthy Coping Information Sheet **Equipped**



A CALGARY YOUTH JUSTICE
SOCIETY PROGRAM

cyjc.ca



CALGARY YOUTH JUSTICE COMMITTEES

Independent Learning Activity

This is an online independent learning activity for youth to complete on their own time. There will be a worksheet for the youth to complete to show proof of completion.



Creating an Account (If youth need support)

1. Go to <https://equipped.youthsmart.ca/log-in/>
2. Select "Don't have an account? Create one!"
3. Choose the course your File Chair assigned to you to enroll in, the options are Mental Health Awareness or Stress Management and Healthy Coping
4. Add Email
5. Create Password
6. Email Updates, choose which option you'd prefer
7. Add Year of Birth
8. Accept Terms of Use if over 16 years old (If not, you will need parent consent)
9. Login to your account and get started on your course!

Equipped Stress Management and Healthy Coping

This module is designed to equip you with the knowledge and skills to deal with stress. Everyone feels stress in their daily lives, and at times it can feel overwhelming to deal with sources of stress such as balancing personal priorities, dealing with relationships, working around deadlines, etc.

Youth face a unique set of stress due to various life changes that occur during this time. It can be challenging to take the time to uncover stressors and understand how to work through these experiences.

This course takes approximately 1 hour to complete.

Youth must:

1. Create an account on Equipped
2. Sign up for the Stress Management and Healthy Coping Course
3. Complete course and worksheet to show completion

What You Have To Do

- Provide youth with the information to create an account and pick Stress Management and Healthy Coping Course
- Share the Stress Management and Healthy Coping Course Reflection Questions Worksheet with the youth so they can fill it out as they work through the course
- Decide if you want the youth to do any further learning from the PDF Workbook

