



CALGARY
YOUTH
JUSTICE
COMMITTEES

Youth Stress Management and Healthy Coping Reflection Sheet **Equipped**



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SOCIETY PROGRAM

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CALGARY YOUTH JUSTICE COMMITTEES

Stress Management and Healthy Coping Course

Reflection Questions

Question 1- Topic (Stress Response) Your Stress Response

Take some time and reflect on how stress affects you. Consider this information – is it relevant information to help you figure out how to recognize and react to stress
What does stress feel like for you?

Question 2- Topic (Positive Stress)

Not all stress is bad. What are some things that give you positive stress?

Question 3- Topic (Causes of Stress)

Take some time to identify some of the things that cause you stress, big or small. Write down the things that come to mind. Reflect on whether those things are things you can control.





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SUITE 900, 620 7TH AVE SW
CALGARY, AB T2P 0Y8

403.261.9861
CYJC.CA