



CALGARY
YOUTH
JUSTICE
COMMITTEES

Youth Stress Management and Healthy Coping Information Sheet Equipped



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SOCIETY PROGRAM

cyjc.ca



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Independent Learning Activity

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



Creating an Account (If you need help ask your File Chair)

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!



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Equipped Stress Management and Healthy Coping

This module is designed to support 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 it.

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.

What You Have To Do

1. Create an account on Equipped
2. Sign up for the Stress Management and Healthy Coping Course
3. Complete course
4. Complete worksheet of reflective questions (Have the worksheet in front of you while going through the course, this will make it a lot easier)