Name _____

Navigating Stress: Finding Healthy Ways to Cope

Open-Ended Response Questions

1. Can you share a personal experience where you or someone you know effectively coped with stress using one of the strategies mentioned in the passage?

2. Why is it crucial for young people to be aware of healthy ways to cope with stress and avoid substances as a coping mechanism?

3. How can schools and communities promote healthy stress management among young people?

4. Can you think of additional healthy coping strategies for stress that are not mentioned in the passage?

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