

Name \_\_\_\_\_

## Navigating Stress: Finding Healthy Ways to Cope

### Open-Ended Response Answer Key

1. Answers will vary based on personal experiences or examples known to the reader.
2. It is crucial for young people to be aware of healthy ways to cope with stress and avoid substances as a coping mechanism because substance use can lead to addiction and other negative consequences.
3. Schools and communities can promote healthy stress management among young people by offering stress management programs, creating safe spaces for open discussions, and providing access to counseling and support services.
4. Possible answers could include practicing mindfulness, spending time in nature, engaging in creative activities, or pursuing hobbies and interests as healthy coping strategies for stress.

