



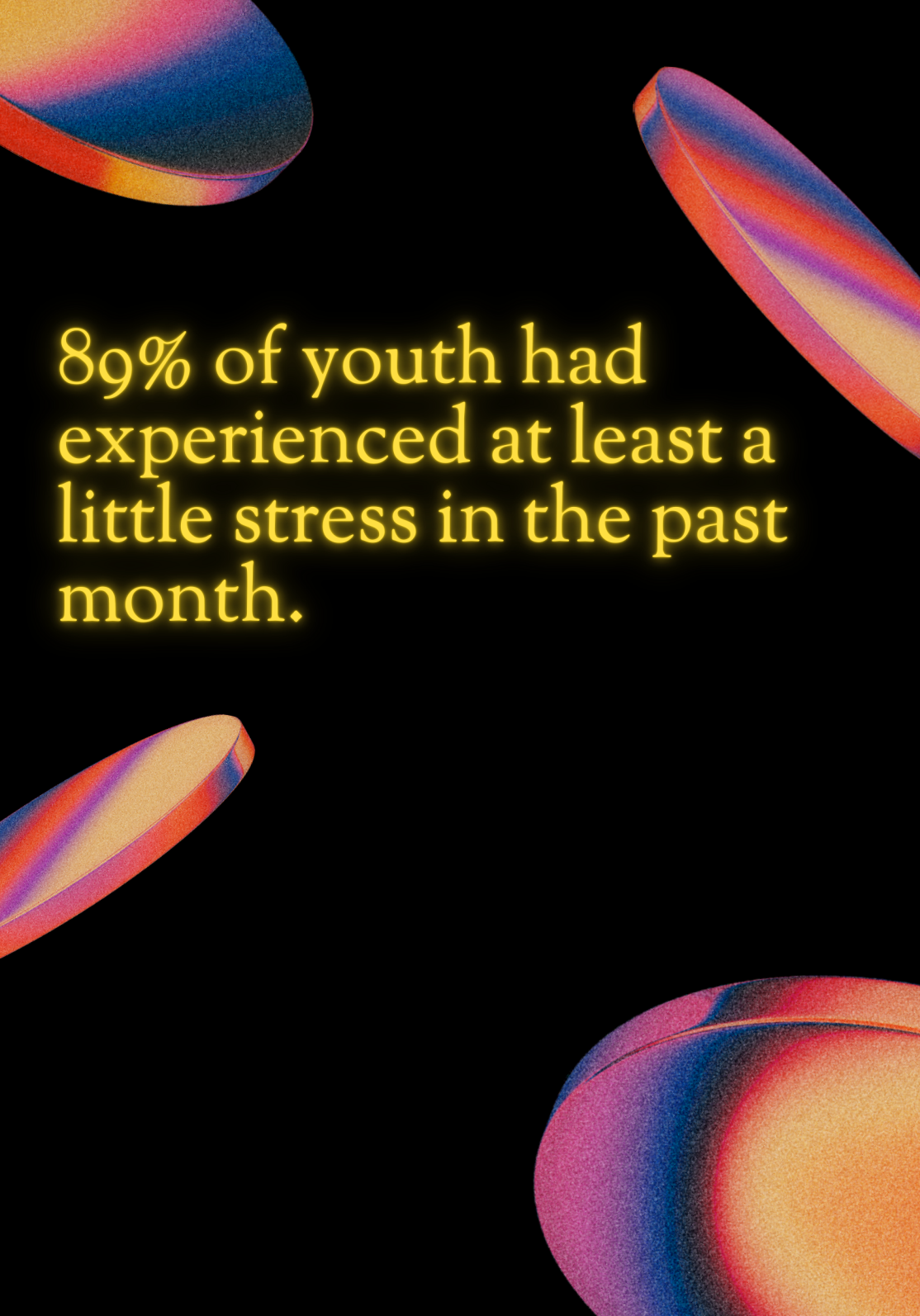
Stress & Coping

A product of the
2023 BC AHS

BC ADOLESCENT HEALTH SURVEY

- Completed every 5 years
- Grades 7 - 12
- About 38,500 students filled it out in 2023



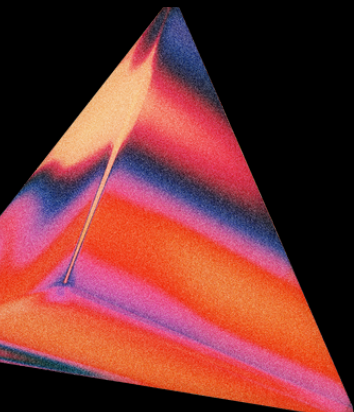
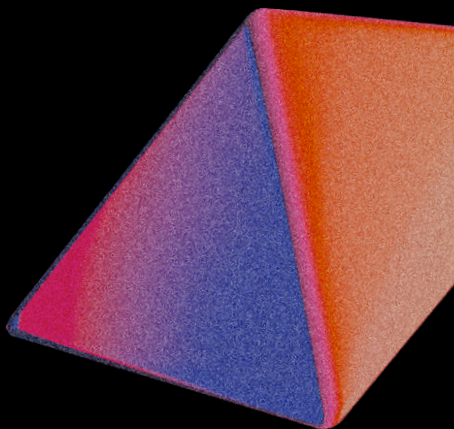


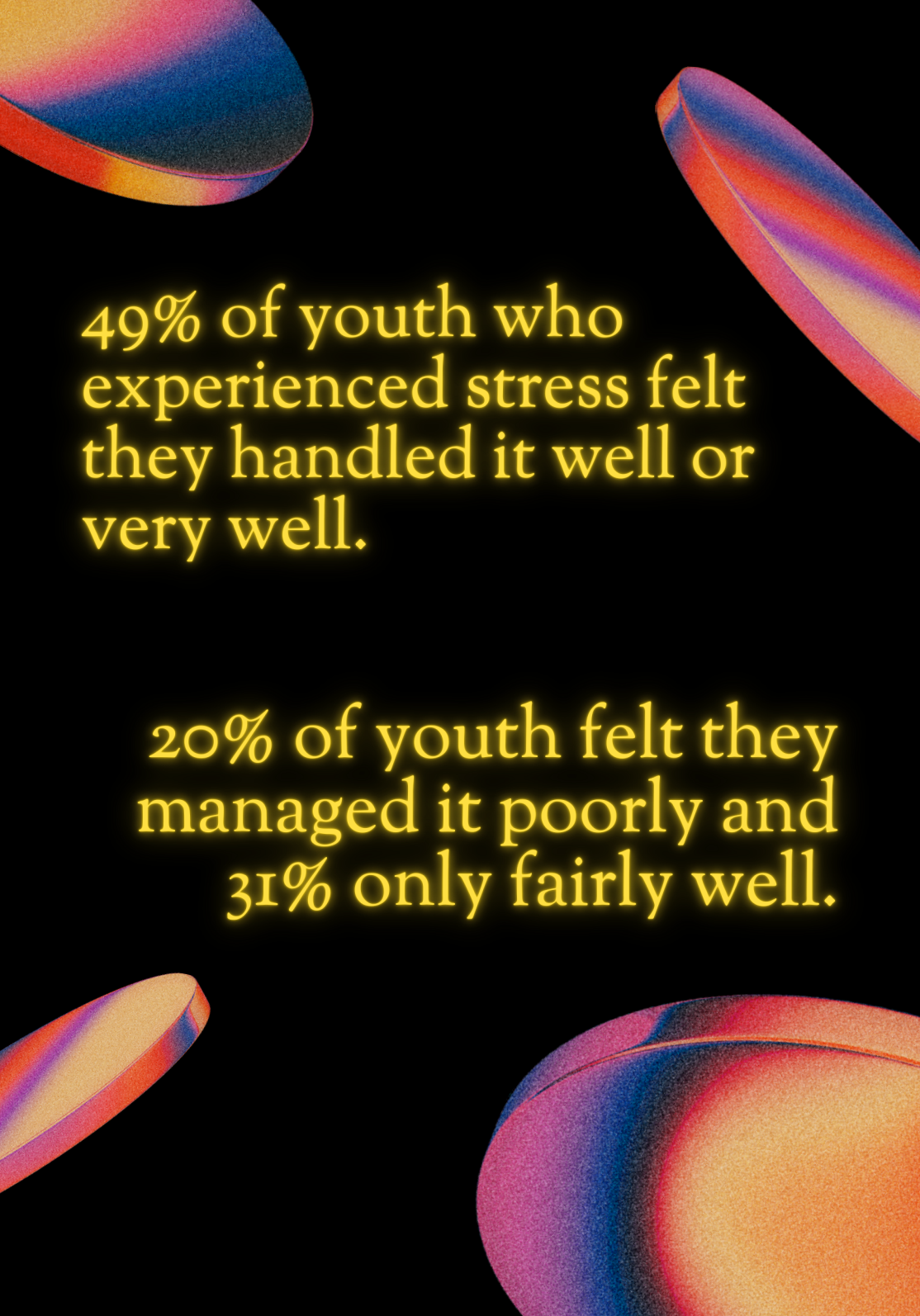
89% of youth had
experienced at least a
little stress in the past
month.

How do you
experience stress?



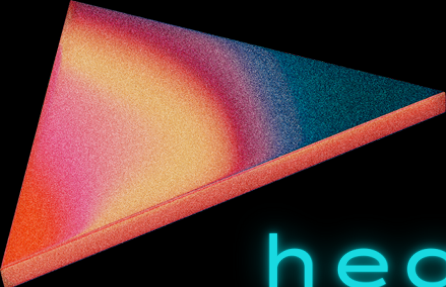
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49% of youth who
experienced stress felt
they handled it well or
very well.

20% of youth felt they
managed it poorly and
31% only fairly well.



What are healthy ways you try to manage stress?



Photo Credit: A

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stressed is just desserts spelled backwards



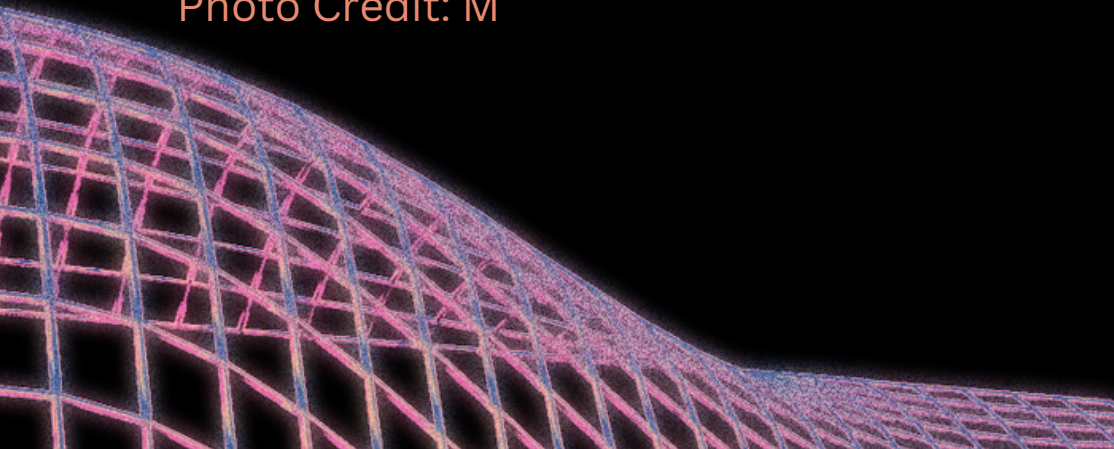
Photo credit: L



Photo Credit: M



Photo Credit: M



READING

EXERCISE

MEDITATION

GOOD
NUTRITION

MUSIC



Anxiety Relief

Anti-stress peaceful music to relax your spirit, mind and body. In so want your mind and body to last you've got to give them a rest. Mus Created by Chilled Mumoro • 345 songs, 20 hr 42 min

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TITLE	ARTIST	ALBUM	
♡ Sunset Lover	Petit Biscuit	Sunset Lover	44
♡ Demons	Imagine Dragons	Night Visions	4
Hey There Delilah	Plain White T's	Every Second Co...	
Don't Be A Fool	Shawn Mendes	Illuminate (Deluxe)	
Can eyes	Billie Eilish	Ocean Eyes	
The 1975	The 1975	The 1975 (D	
FEELING! - Film Version	Justin Timberlak...	TO	

SEEKING HELP

CONNECTING
WITH FRIENDS

WALKS

YOGA

SLEEPING

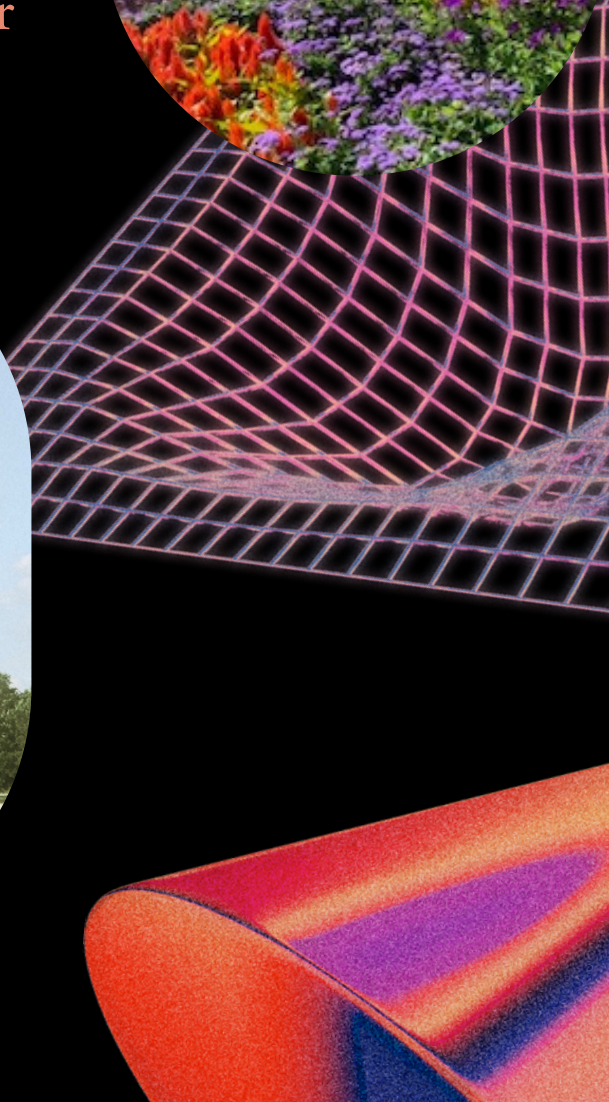


Youth who often or always felt connected to the land or nature were more likely to feel they managed their stress well or very well.

Photo credit: A



Photo credit: N



Like a breath of
fresh air



Photo credit: C



Photo credit: N

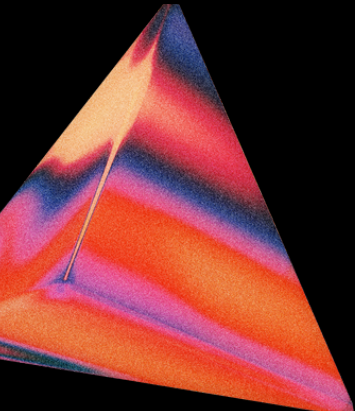
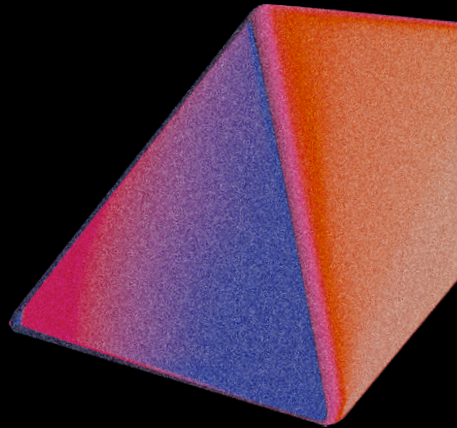


Photo credit: L

Created by
McCreary's YAC



Y A C

This zine was created by
McCreary Centre Society's
Youth Advisory and Action
Council as part of a series to
share and reflect on the
findings of the 2023 BC AHS.

To find out more about the
BC AHS and for details about
how to join the Youth
Advisory and Action Council,
visit mcs.bc.ca.

