

TOP 10

Sources of Stress

FOR TEENS



Find these "Stress Sources" in the word search below.

Your Natural Stress Shield

- | | | | | |
|---------|--------|--------|----------|-------|
| Dating | Family | Fights | Homework | Money |
| Puberty | School | Tests | Violence | Time |

Eat a Variety of Healthy Foods Daily

- Follow Canada's Food Guide to Healthy Eating

Be Active Every Day

- Include activities that make your heart and lungs work harder

Have Fun in the Sun

- Practice sun safe behaviours

Get your Zzzz's

- Get enough sleep to function at your best

Relax with "Down Time"

- Time just for you



N J O H D T Z D E Y P R F Z B
 O R K J U R R C O C E I K L N
 G A J Q Y W N C I M G N C S M
 X W P U B E R T Y H I I O A K
 E S O D L E U H T L T R C M B
 K O S O Q E Y S V M O E G C X
 T T I L O O H C S V E F L O Z
 O V U Z M T F T I E E I L M Y
 R L F H H G E D M S C Z M K F
 E A L J A S Q L E D H L F O O
 E Y H R T E M I T H A N A Q L
 L J P S U K M N B I Q T M E B
 H O M E W O R K K R I L I P S
 R G W Y D S J H B O G L L N C
 G Q F X H M E U K A A D Y C G