



## The Ups and Downs of Stress

Ask people, young and old alike, why they drink alcohol or use other drugs and you're likely to get responses that include (though not limited to) coping with stress.

, while it's not always a bad thing (e.g., starting a new school year, preparing for a trip or a performance), it is important to learn how to manage stress in a healthy way. Drinking alcohol or using other drugs may provide us with temporary relief from stress. But using substances too often as a coping strategy may lead to significant harm.

While everyone copes with stress differently, regular physical activity is one of the best things you can do for your health and it's also an important part of a healthy lifestyle. It can change your mood so if you are feeling sluggish, some activity can make you feel more energized and alert. But at the same time, it can also help calm agitated, angry or anxious feelings. It can reduce levels of the stress hormones that cause the physical feeling of being stressed (like feeling tense or irritable) and also results in the release of good brain chemicals.

Instructional strategies

1. Show the short video [Managing Stress](https://www.youtube.com/watch?v=hnpQrMqD0pE) and then facilitate a





## Links to Curriculum

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