Maximizing Your Potential
WebQuest – Coping with Stress & Anxiety

Name: _______________________________    Date: ____________________

The following website www.TeensHealth.org provides numerous informational resources about health, growth and emotions for Teens. Follow the below prompts on a webquest through the website focusing on helping teenagers cope with stress and anxiety.

**Step 1** – Log on to a computer and type in the following website address, which will take you to the Teen Health – Stress & Coping Center:

[Stress & Coping Center](http://kidshealth.org/teen/stress_coping_center/stress_center.html#cat20861)

**Step 2** – Click on the link titled ‘The Basics – Why do we feel stress? How does it show up in our bodies? And can stress ever be good? Find out here.’

Read the article and answer the following questions:

1. **What is stress? What is your body telling you?**

   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. **Define the following terms:**

   Stressors: _____________________________________________________
   ______________________________________________________________
   ______________________________________________________________

   Adrenal Glands: ______________________________________________
   ______________________________________________________________
   ______________________________________________________________

   Stress Response: ______________________________________________
   ______________________________________________________________
   ______________________________________________________________
WebQuest – Coping with Stress & Anxiety

Name: _______________________________    Date: ____________________

3. Fill in the chart below and describe the difference between good & bad stress:

<table>
<thead>
<tr>
<th>Good Stress</th>
<th>Bad Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. What causes stress overload?

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________

5. What are signs of stress overload? Have you experienced any of these before?

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________

☐ _____________________________________________________________
WebQuest – Coping with Stress & Anxiety

Name: _______________________________    Date: ____________________

******Continue on to page 3 of teen health article******

6. Read through the list of things to help keep stress under control. What strategy would work for you?

________________________________________________________________
________________________________________________________________
________________________________________________________________

7. Try the breathing exercise on this page, press the play button and follow the instructions.

******Continue on to page 4 of teen health article******

8. Read the list of ways to build resiliency in the space below draw/sketch an image that represents one way you could build resiliency.
WebQuest – Coping with Stress & Anxiety

Name: _______________________________    Date: ____________________

**Step 3** – Go back to the ‘Stress & Coping Center’ main page. Click on the ‘Relax and De-stress’ tab. Pick one of the articles in the list and complete the following organizer:

<table>
<thead>
<tr>
<th>Description of Relax/De-stress Strategy (point form notes)</th>
<th>Personal Opinion (Will this strategy work for you? Why or Why not)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Summarize the main points of the article: