

Comments



Here is what the youths remember of their experience ...

" I have learned that everyone can be stressed "

M., 12 yrs

" Now, I understand how my body reacts to stress "

É., 13 yrs

" I enjoyed the group discussions "

J., 12 yrs

" The logbook was very useful because it allowed us to draw what we thought and explained to us what stress is "

K., 11 yrs

Comments

" The DeStress for Success Program taught me that we need to understand our stress in order to fight it "

A., 12 yrs

" I have learned that I need to relax or move to eliminate my stress "

C., 12 yrs

" I appreciated the explanations on how to control our stress "

L., 12 yrs

" I know the difference between social support and social pressure "

A., 12 yrs

" I have realized that I am stressed more often than I thought "

C., 12 yrs

" I have learned that we mobilize energy when we are stressed "

A., 12 yrs

" The program taught me good ways to get rid of my stress "

M., 12 yrs

" Thank you for the great experience "

M., 13 yrs