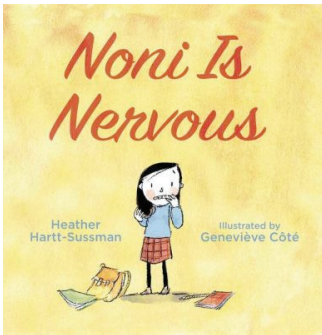


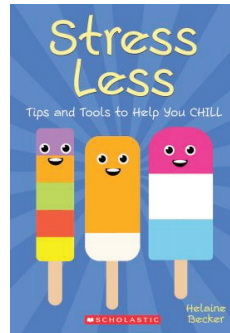
# Stress and Anxiety

Learning to manage through life's challenging times is key to fostering resilience in young people. Here are a few great resources geared to helping children and youth learn to manage the stress in their lives (some of this info might be helpful for the adults in their lives too!).

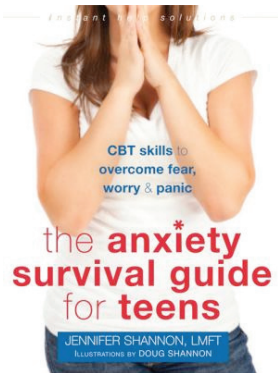
Books can be a great resource for helping talk about stress and anxiety with kids. The Greater Victoria Public Library shares a recommended books list here.



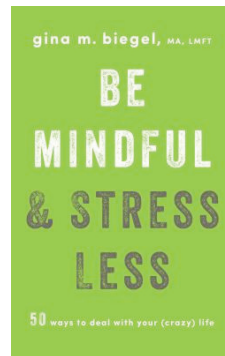
Noni is Nervous



Stress less: tips and tools to help you chill



The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic



Be mindful & stress less: 50 ways to deal with your (crazy) life

