

Match the stress strategies with their explanations!

Teenagers face many challenges every day, and learning how to handle stress is an important life skill. There are several practical strategies—such as travel, sharing, sports, healthy eating, hobbies, and mindful use of technology—that can help manage difficult feelings. Recognizing which methods work best can lead to better health, improved mood, and stronger relationships. Understanding these options prepares you to make positive choices when things get overwhelming, both now and in the future.



Travel



Sharing



Sports



Food



Hobbies



Social media

Talking with someone you trust opens up new ways to solve problems and helps you see things from another point of view.

Doing something you enjoy gives you a break from pressure and lets your mind relax after a full day.

Spending quality time in a new place offers a change of scenery and helps you bond with those you care about most.

Ignoring stress allows it to go away on its own, leaving you feeling refreshed without making any changes.

Physical activity can help clear your mind, relieve frustration, and lift your mood by getting your body moving.

Good nutrition supplies your body and mind with the fuel you need to handle stress and stay focused each day.

Limiting online time prevents negative feelings from comparing yourself to others and leaves more time for real-life activities and rest.

⚠️ One of these options doesn't have a match — can you spot it?