

# Breakdown of responses: Question # 15 – MLTC Youth Survey Winter 2020

# 15. what do you do when you feel pressured or stressed?

Total responses from all the communities

grade 4: 21

grade 5: 52

grade 6: 43

grade 7: 48

grade 8: 51

grade 9: 37

grade 10: 26

grade 11: 34

grade 12: 15

Total grade =327

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## Breakdown of responses: Grade 4

1. Canoe Lake Grade 4 response :

2. Clearwater River Dene Grade 4 response :

go outside and take a breather

sit alone

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put head down, stay in the room.

sleep

take a breather, go for a walk,

no answer

draw in my art book

scream in my pillow

no answer

sit by myself

go outside

stay calm, don't freak out

scream, cry

lay down

taking a breather

### 3. English River Dene Grade 4 response :

play with stress toys

talk to someone

talk to someone

my fists or sweaty or im sweating

### 4. Flying Dust Grade 4 response :

### 5. Loon Lake Cree Grade 4 response :

6. Ministikwan Lake Cree Grade 4 response :

7. Off-Reserve Urban Grade 4 response :

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go outside

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8. other non-MLTC Grade 4 response :

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play with stress toys talk to someone like a gardian or a parent

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9. Turner Lake Dene Grade 4 response :

10. Waterhen Lake Cree Grade 4 response :

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piay with stress toys

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### Breakdown of responses: Grade 5

11. Canoe Lake Grade 5 response :

sleep

play games

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go up on stage or do videos with people and have to talk in front of a class

get water and go to the room

i just try and let it out and go on my phone or my TV and relax

Talk to my friend

take a nap or have a warm shower

take a nap

i get stage anxiety

idk

If I was stressed I will stay calm

put my head down or tell my teacher

Idk

hid

my mom

idk

I get anxiety i Feel like i'm gonna mess up. I wont be good at it, I just feel sad.

## 12. Clearwater River Dene Grade 5 response :

walk around

go home

i play games and talk to my friends online

play games

calm yourself.

talk with friends and play video games

i draw

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go on a walk

i try to stay calm

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13.English River Dene Grade 5 response :

14.Flying Dust Grade 5 response :

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read a book

15.Loon Lake Cree 5 response :

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take a walk

play with friends and tell then

I think about going to Edmonton

sleep

go outside and stay out there for awhile

scaem in meh pellow

scream to my pellow

i dont nnnnnnnnnnooooooooooooo

idk

IDK

play fortnite

do nothing

---

lock myself in my room

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16. Ministikwan Lake Cree Grade 5 response :

17. Off-Reserve Urban Grade 5 response :

18. other non-MLTC Grade 5 response :

I take a walk, or I just watch YouTube videos.

I try to take a break if I get mad.

Hit snow, play games to lose my anger, or I go to my friends house.

19. Turner Lake Dene Grade 5 response :

Sometimes I cry for no reason. I ask my mom to take me to the store to buy candy is how I make myself feel happy.

I sleep

I play my game, talk to my mom or go to my friends place.

I lay down and do nothing, look at tik toks.

I don't know

I get mad

Go for a bike ride with my friends.

Lay down in bed and watch YouTube.

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Make stuff out of clay or play games.

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20. Waterhen Lake Cree Grade 5 response :

### Breakdown of responses: Grade 6

1. Canoe Lake Grade 6 response :

i sleep

stressed

lay down and go on my phone

c

read

i take deep breathes but i barely get stressed

take deep breaths

angry, sad, kinda

i calm myself down

Anxiety

watch relaxing videos

i take a breth

Lay on my bed and watch youtube

calm down

eat

sad

someone asking me to do stuff

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2. Clearwater River Dene Grade 6 response :

what i do is listen to music

i just sit down and put my head on the table and put my hood on

walk away

i take a nap

rest

i go outside and sit there

hug my blanket

nothing i just go to bed

punch my desk

just stay in my room to calm down

sit in my bedroom and just talk in my mind to make myself calm

sleep

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3. English River Dene Grade 6 response :

4. Flying Dust Grade 6 response :

5. Loon Lake Cree Grade 6 response :

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idk

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mad

nothing

listening to music

will listen to music if i have too

Stressed

go outside and get run until im tired

listen to music

idk

?

go to bed

i go listen to sad song or bead

anything

6. Ministikwan Lake Cree Grade 6 response :

7. Off-Reserve Urban Grade 6 response :

8. other non-MLTC Grade 6 response :

9. Turner Lake Dene Grade 6 response :

cry in my room because Im frustrated

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## 10. Waterhen Lake Cree Grade 6 response :

### Breakdown of responses: Grade 7

#### 1. Canoe Lake Grade 7 response :

take deep breaths, remind myself everything cant be perfect.

play road hockey

scream into pillow

take my mind off the subject

strs balls

i fell tired

...

talk to somone

i teach myself to calm myself and stop and think of my  
consequences

idk

go relax and play music

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#### 2. Clearwater River Dene Grade 7 response :

tell someone

listen to music, draw or going for walks

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play with my fingers

breath

sleep

listen to music

be alone

take a nap

listen to music and chill

3. English River Dene Grade 7 response :

4. Flying Dust Grade 7 response :

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idk

Punch stuff but at school I just dont do anything mostly

i just start calming down

listen to music

play rainbow six siege on my ps4

I just take break and get a drink of water.

Usually I have a mental breakdown, sometimes I feel like crying, and feel like going home.

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5. Loon Lake Cree Grade 7 response :

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sleep

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im not sure i get mad but no one understands me

## 6. Ministikwan Lake Cree Grade 7 response :

eeee

take a walk

i take all my anger out on myself

when my parents tell me to make a choice

watch youtube, do art, read, sleep, get better tea

hug my mom

go outside

just cry or chill myself out

i punch the wall or scream in my pillow

eeee

## 7. Off-Reserve Urban Grade 7 response :

## 8. other non-MLTC Grade 7 response :

talk to myself and count to 10

sad.

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don't know

try and stay calm think about something good try to forget about what happend or what is happening

### 9. Turner Lake Dene Grade 7 response :

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I just try and calm myself down but I just end up taking it out on people at the end of the day

cry

nothing

nothing

### 10. Waterhen Lake Cree Grade 7 response :

pressured

## Breakdown of responses: Grade 8

### 1. Canoe Lake Grade 8 response :

idk

idk

smoke

listen to music

i color my stress away

Get mad or sleep

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just go home an sleep

take a nap

breathing exersices

just sleep, in a cold room and really dark

happy!

lisen to music

i don`t know

Think and calm myself down before I react.

noting

## 2. Clearwater River Dene Grade 8 response :

listen to music

sleep or go for a walk

listen to music and stay at home

most likely talk to my therapist or clean my room

sleep and music

walk away

go outside and play

listen to music

take a nap or play game with my brother

## 3. English River Dene Grade 8 response :

#### 4. Flying Dust Grade 8 response :

keep everything to myself

i move my thumb in a circle

fine

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#### 5. Loon Lake Cree 8 response :

when being the centre of attention

school

get angry,sad,confused,yell

my phone

Cry.

i walk away to be alone

deal with that, man

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#### 6. Ministikwan Lake Cree Grade 8 response :

i take deep breaths and sit there and calm down

idk

just play volleyball

idk

i listen to music

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i just do it but get very shaky and unconfertable

I usually think about it for a second if i know it will hurt me or hurt someone else, i will not participate.

sleep

read my books, or just draw.

i cry

freak out

i go to my room to play game or something

idk

#### 7. Off-Reserve Urban Grade 8 response :

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test;

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#### 8. other non-MLTC Grade 8 response :

listen to music or let some steam out by working out or just working

nothing

#### 9. Turner Lake Dene Grade 8 response :

#### 10. Waterhen Lake Cree Grade 8 response :



## Breakdown of responses: Grade 9

### 1. Canoe Lake Grade 9 response :

listen to music. it calms me down and helps me focus

Listen to music

nothing

i back away

Play games, or watch youtube.

Walk a way eeeeeee sometimes I give in

well i don't feel pressured or stressed, at school

nothing

as a young teen i sadly smoke which is a big problem with the youth

i write them down on a paper then burn them after

walk around

All i do is sit where i am sitting and think about other things that can calm me down.

Take a breather and listen to my music

I deal with it.

I don't feel pressured or stressed

go for a smoke

### 2. Clearwater River Dene Grade 9 response :

get mad when under pressure or stressed

listen to music or sleep

listen to music

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sleep

listen to music

listen to music and sleep

play bingo

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3. English River Dene Grade 9 response :

4. Flying Dust Grade 9 response :

5. Loon Lake Cree 9 response :

listen to music

walk

either listen to music or just play game and relax

go for a hoot,talk to my girlfriend about it

workout/weight lifting

Go for a walk

scared

i go in my room

head home go in my room and create something out of card board or paper.

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6. Ministikwan Lake Cree Grade 9 response :

7. Off-Reserve Urban Grade 9 response :

8. other non-MLTC Grade 9 response :

9. Turner Lake Dene Grade 9 response :

10. Waterhen Lake Cree Grade 9 response :

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Can't remember

put my head down

keep it to myself, i find it very hard to open up

have a cigarette

sleep, read or listen to music

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### Breakdown of responses: Grade 10

1. Canoe Lake Grade 10 response :

nothing be sad

play video game's

I chill ig

games and music

nothing

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Relax or do something I like, like hockey

just breath calmly.

nothing

I go for a walk and take deep breaths and calm myself down with music

I take a deep breathe in and a deep breathe out

I sit and think about positive memories and I light up my smugde and then I fall asleep

Play a game or do something i like

listen to music or play games

waking.listening to music

procrastinate.

## 2. Clearwater River Dene Grade 10 response :

get quiet and somewhat panic

listening to music or read a book

walk, draw, go outside, ride my bike.

if I feel pressured I'll freak out and probably have a break down. if I feel stressed I'll try to calm my nerves and probably have a bath and drink tea.

breathe

play puck

cry or smoke

play some basketball

play some games and sometimes walk around.

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3. English River Dene Grade 10 response :

4. Flying Dust Grade 10 response :

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i do a lot i start snapping my thumbs a lot or listen to my music. i draw or shake my head to rid the bad thoughts. or just surround myself with friends to talk to, to distract myself.

i listen to music in my room or go for a walk or go to the gym and play basketball.. when im stressed

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5. Loon Lake Cree 10 response :

6. Ministikwan Lake Cree Grade 10 response :

7. Off-Reserve Urban Grade 10 response :

8. other non-MLTC Grade 10 response :

9. Turner Lake Dene Grade 10 response :

10. Waterhen Lake Cree Grade 10 response :

[Breakdown of responses: Grade 11](#)

## 1. Canoe Lake Grade 11 response :

stay home

listen to music

be quiet

just listen to music or talk to elders

think of a better place

sasd

some time mad or good

i get angry and annoyed and i try go be alone to cool down

i like to draw

i usually draw or sing

i usually workout or play hockey

all of my work

ignore everything around and take a few deep breathes

When i overthink and when it comes to schooling

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## 2. Clearwater River Dene Grade 11 response :

Sleep, cry, smoke, listen to music, yell, game

drink or smoke or sleep my days away.

IDK

nothing

I play video games, listen to music, and workout when I am feeling stressed or pressured.

I like to listen to music when I feel pressured or

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stressed.

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3. English River Dene Grade 11 response :

4. Flying Dust Grade 11 response :

5. Loon Lake Cree 11 response :

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cry

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smoke weed or do something that i enjoy like sports

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walk or pace

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listen to music

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just chill in my room

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6. Ministikwan Lake Cree Grade 11 response :

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eat

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cry and be angry

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play my guitar or listen to music

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sleep. or just make food

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I feel like I aint good enough

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play my guitar

7. Off-Reserve Urban Grade 11 response :

8. other non-MLTC Grade 11 response :

connect with the land  
setting goals  
more trips

connect with the land  
setting goals  
more trips

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9. Turner Lake Dene Grade 11 response :

10. Waterhen Lake Cree Grade 11 response :

### Breakdown of responses: Grade 12

1. Canoe Lake Grade 12 response :

Workout or play volleyball

When i feel pressured or stressed, i usually cry, or talk to my friends. Sometimes i write it in a journal.

During these type of situations, I tend to isolate myself from my surroundings those within close proximity.

2. Clearwater River Dene Grade 12 response :



Draws and beading clubs

3. English River Dene Grade 12 response :

4. Flying Dust Grade 12 response :

go for a walk

5. Loon Lake Cree 12 response :

when im in school, when im very behind in school, when my parents are stressed, and when my boyfriend is mad

have a big momma deadly drag

get depressed

6. Ministikwan Lake Cree Grade 12 response :

sleep

when i start getting behind on work due and thinking about graduation

i go to listen to music or go for a smoke

do something i love doing and brighten up my mood with it

talk to a trusted adult

7. Off-Reserve Urban Grade 12 response :

8. other non-MLTC Grade 12 response :

9. Turner Lake Dene Grade 12 response :

10. Waterhen Lake Cree Grade 12 response :

What everyone feels. a big pressured on my shoulder's and don't know how to cope with a problem.

I get lethargic and panicked.

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