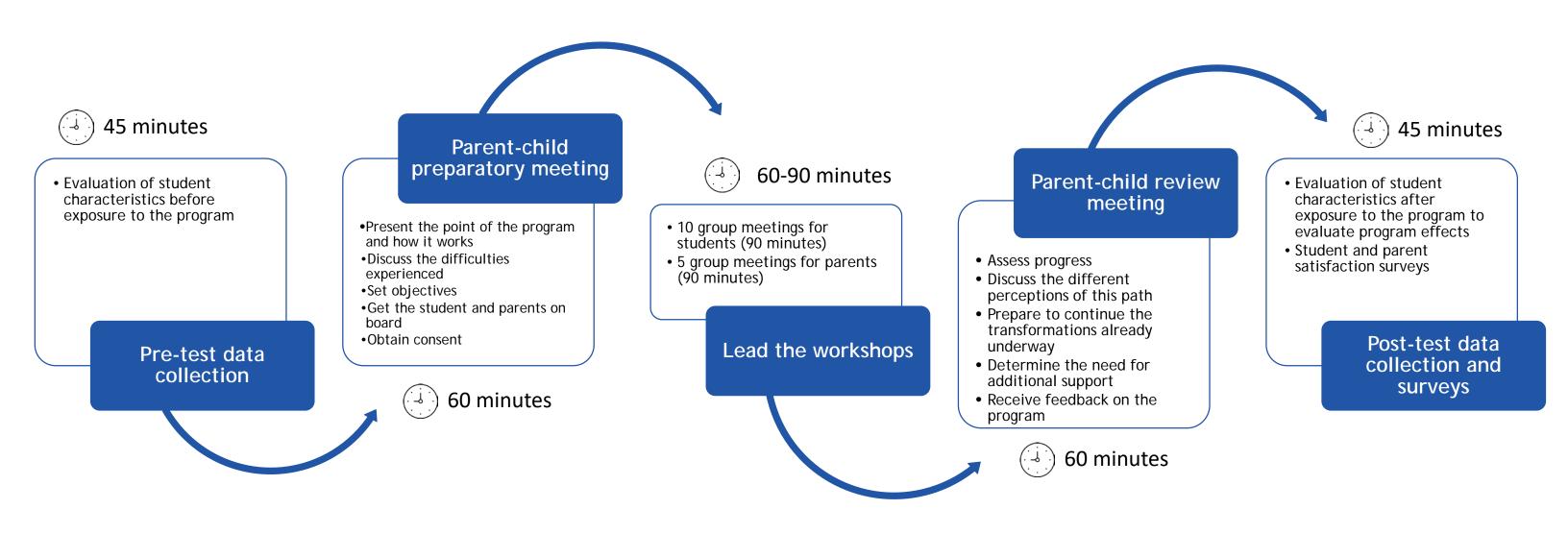


Talking about anxiety stress-free...

HORS-PISTE - Expedition+ program





Centre RBC d'expertise universitaire en santé mentale









Avec le financement de

Agence de la santé Public Health publique du Canada Agency of Canada



Talking about anxiety stress-free... **HORS-PISTE - Expedition+ program (student component)**

OBJECTIVES

"Me, anxious...?"

Get to know the facilitator and the other group members;

• Understand the concept of comfort zone and make a connection with their personal objective



90

OBJECTIVES

"HORS-PISTE activity"

- Step outside of their comfort zone in a non-school group activity
- Expose themselves "in vivo" to more anxiety-provoking situations
- Experiment with the concepts learned in previous meetings
- Create ties with the other participants



OBJECTIVES

"What if I thought about it differently?"

- Identify their thoughts and their impacts using the cognitive-behavioural model
- Identify the main negative thoughts that emerge when faced with an anxiety-provoking situation
- Understand the impact of their thoughts on their sensations and emotions
- Reformulate negative thoughts into more helpful ones







OBJECTIVES

"How to take care of my social network?"

"Integrative activity"

- Discover the benefits of nature on their well-being
- Recognize and analyze the importance of the social support network
- Take steps to maintain or develop their social support network
- Call on this network when faced with an anxiety-provoking situation



OBJECTIVES

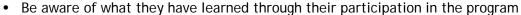
"HORS-PISTE activity"

- Step outside of their comfort zone in a non-school group activity
- Expose themselves "in vivo" to more anxiety-provoking situations
- Experiment with the concepts learned in previous meetings
- Create ties with the other participants



90

OBJECTIVES



Apply this knowledge to concrete situations





"What's going on inside me?"

- Recognize their emotions and physical sensations related to certain situations
- Identify the needs behind the emotions
- Use emotion regulation strategies
- Recognize situations that they are particularly sensitive to



90

OBJECTIVES

"HORS-PISTE activity"

"WOW! Great progress!"

- Step outside of their comfort zone in a non-school group activity
- Expose themselves "in vivo" to more anxiety-provoking situations
- Experiment with the concepts learned in previous meetings
- Create ties with the other participants





OBJECTIVES

OBJECTIVES

"A helping hand?"

- Identify habits and activities that make them feel good
- Identify habits and situations that affect their anxiety
- Learn different strategies for dealing with anxiety-provoking situations
- Take steps to use stress management strategies



OBJECTIVES

- Review their progress and accomplishments
- Identify the warning signs of a relapse
- Implement strategies to prevent a relapse









Talking about anxiety stress-free... HORS-PISTE - Expedition+ program (parent component)

1



90

2



90









"My child's anxiety... how can I help them step outside of their comfort zone?"

OBJECTIVES

- Get to know the facilitator and the other group members
- Understand the concept of comfort zone and the program objectives
- Target avoidance behaviours in their child
- Understand the link between thoughts, emotions, sensations, and behaviours
- Help their child reflect on certain thought patterns by asking them questions



OBJECTIVES

"How do I feel about it?"

- Understand mindfulness and its benefits
- Help their child to manage their emotions
- Understand their role as a role model
- Identify their child's type of intolerance



"The accommodation trap"

OBJECTIVES

- Understand the concept of accommodation
- Target accommodating behaviours that they use
- Replace their accommodating behaviours with new ones
- · Discuss the necessary changes with their child



OBJECTIVES

- Identify positive lifestyle habits
- Find stress management strategies
- Take steps to help their child apply their lifestyle habits and stress management strategies
- Better understand and prevent parental pressure

5



90

"Social support network and progress"

ORTEC LIVE2

- Recognize the importance of the social support network
- Identify the strengths and limitations of their child's social network
- Identify ways to help their child build or maintain their network
- Review their progress and accomplishments
- Implement strategies to prevent their child from relapsing

What if we dared to step outside of our comfort zone?

