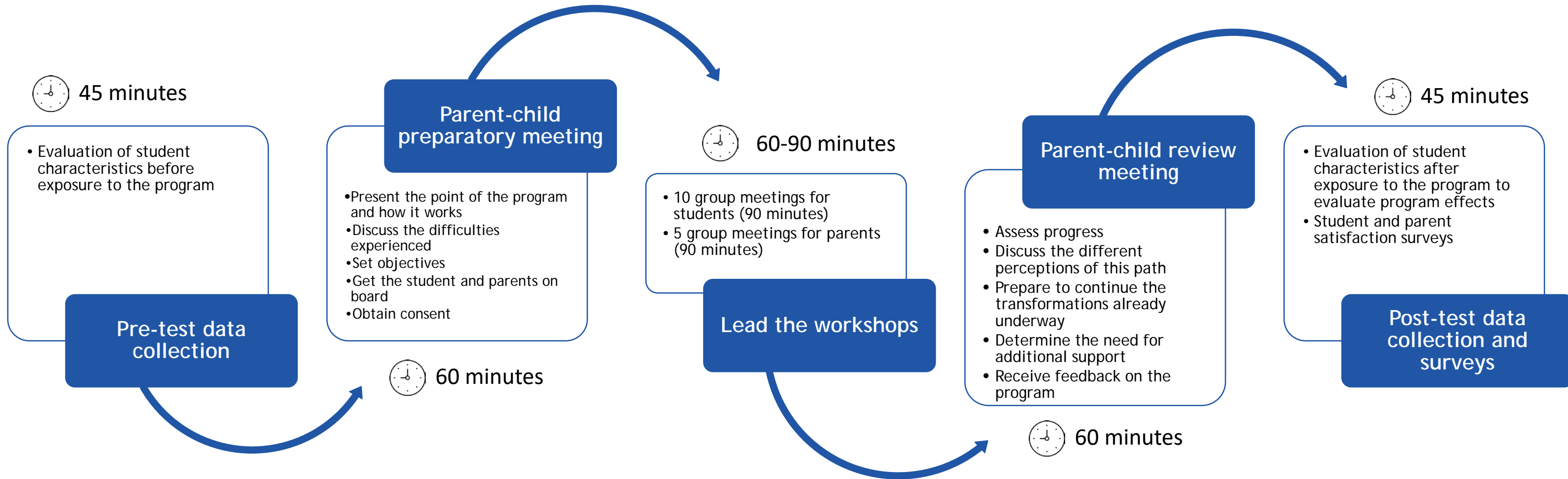
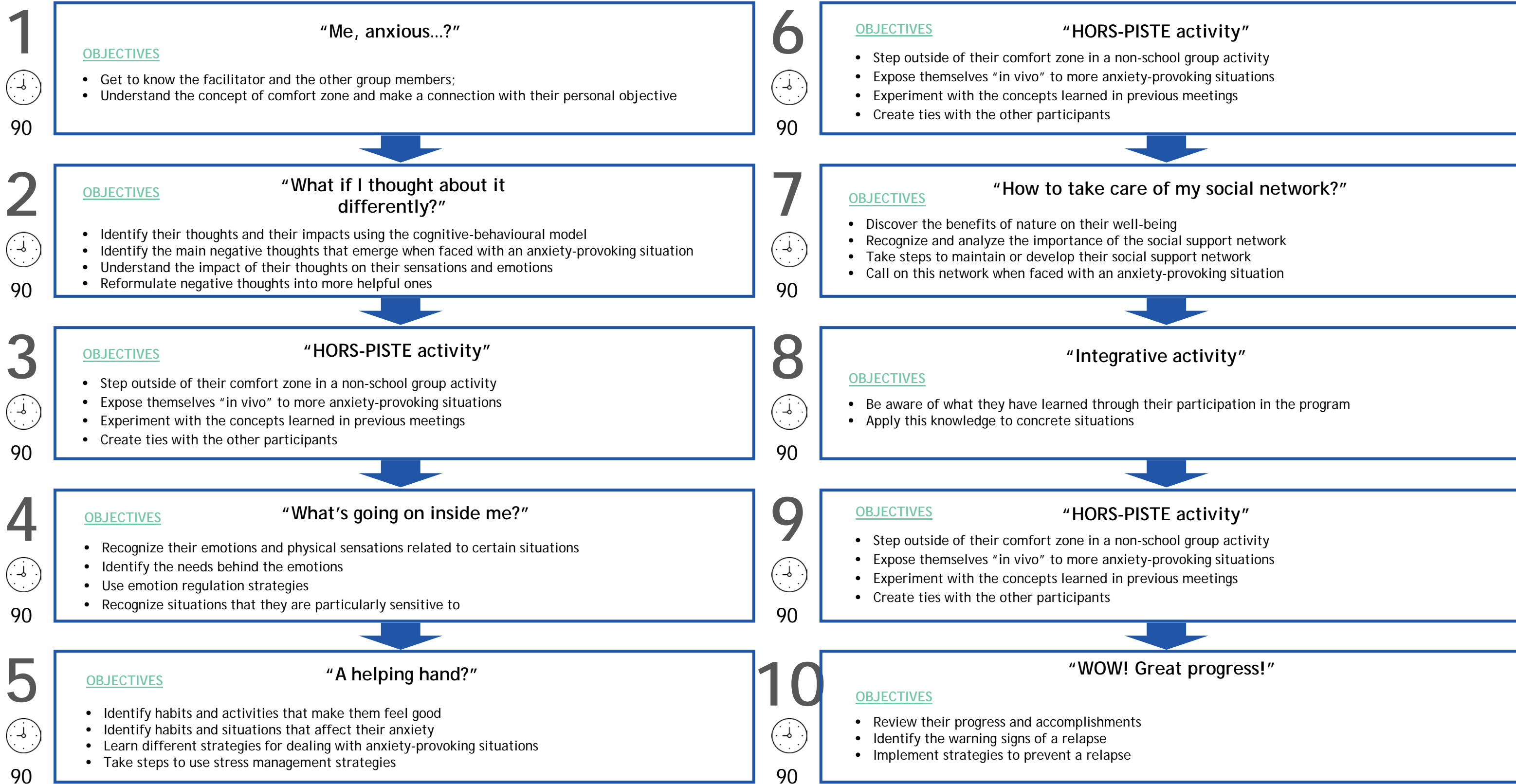


# HORS PISTE

## Talking about anxiety stress-free... HORS-PISTE - Expedition+ program





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

1



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**"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

5



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**"Social support network and progress"**

OBJECTIVES

- 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

2



90

**"How do I feel about it?"**

OBJECTIVES

- 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

3



90

**"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

4



90

**"Preventing anxiety on a daily basis"**

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

