

HORS PISTE

TOO MUCH IS JUST AS BAD AS NOT ENOUGH! WHEN STRESS PLAYS TRICKS ON ME...

Workshop 1

REMINDER!

Be aware to your signs of stress to identify stressful situations and find strategies to accept and cope with the stress.

Stress is a **NORMAL** alarm reaction to a real, concrete situation. It allows us to react appropriately when faced with danger.

Sometimes our **brain plays tricks on us**. **TAKE CONTROL!** If you react the same way in front of a tiny ant as you would do in front of a bear, that's a huge waste of energy!

Save your energy by putting your stress into perspective!

Stress... Good or bad?



Body break

Moving and stretching while focusing on your breathing can help you relax, calm down, and manage your stress better.

Your turn!

Use these strategies



- Do something
- Listen to music
- Exercise
- Talk to someone about your stress
- Meditate or do relaxation exercises
- Have fun with your friends

- Watch a TV show you like
- Draw, paint, sculpt, create something
- Take a walk, get outside
- Breathe
- Do a mindfulness exercise
- Etc.

HORS-PISTE CHALLENGE

Pay attention to your signs of stress over the next few days and pick one or two strategies for dealing with your stress.