

### 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!



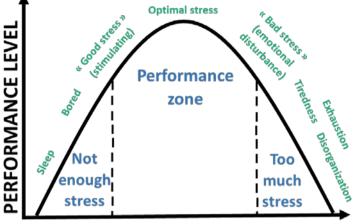
## Your turn!

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



# Stress... Good or bad?



### STRESS LEVEL

Body break

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

- 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.



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