

# HORS PISTE

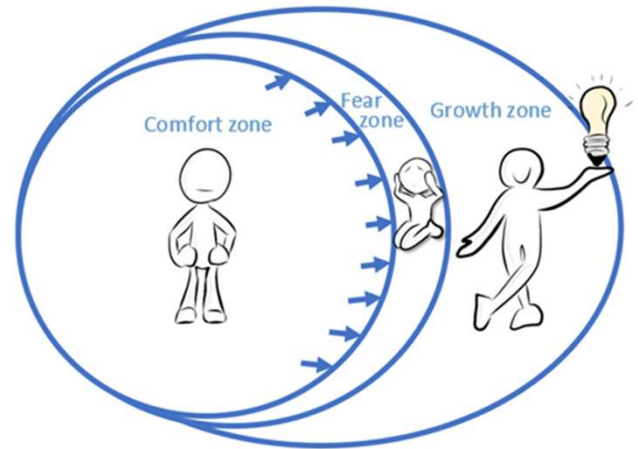
## The fear of fear itself... When anxiety takes over!

### Workshop 2

#### REMINDER!

Anxiety isn't dangerous.  
It is temporary.  
It eventually goes away!

Expose yourself to widen your comfort zone!



#### Anxiety is the fear of fear itself:

Anxiety is the tendency to imagine worst-case scenarios and to worry about things that haven't happened yet.

#### Your turn!

Use these strategies

- Adopt healthy lifestyle habits
- Recognize your physical sensations and the first signs of anxiety
- Replace your unhelpful thoughts with helpful thoughts
- Learn to see things differently;
- Use strategies to deal with your emotions
- Confront anxiety-provoking situations instead of avoiding them
- Be willing to step outside of your comfort zone
- Maintain quality relationships

#### REMINDER!

The more you expose yourself to a situation, the more you'll feel comfortable, confident and free. Your comfort zone will become less cramped.



I use strategies to calm down :

Arts Exercise  
Friends Laughs  
Mindfulness

#### HORS-PISTE CHALLENGE

This week, I pay attention to how I react in stressful situations. I apply at least two strategies for dealing with these situations.



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