

# HORS PISTE

# Journey to the center your universe...

## Workshop 3



### REMINDER!

The better you are at identifying your emotions, the better able you are to control and manage them.



While we have no control over which emotions we feel, we do have the power to decide how we react to our emotions.

For example, when it's raining, you can choose to stay inside all day or you can decide to put on your raincoat and rubber boots and go puddle jumping.

### Your turn!

In order to be able to express an emotion in a healthy way, first you need to check in with yourself, notice what's going on inside you, and figure out what you're feeling. You can then use strategies:

- Notice and reformulate your thoughts
- Express your emotions
- Accept the situation
- Look for solutions
- Be kind to yourself
- Focus on your learnings

Emotions are messages. They tell us what's going on inside us. That's why it's important to be in touch with our emotions and listen to the messages they send us.

### PSST!

Two heads are better than one! Ask for help if needed.

### Attention!

Did you know that asking for help too soon or too often can make you feel more anxious?

- Thinking you can't do it without help
- Loss of self-confidence
- Decreased control over your emotions
- Dependence on the opinions and solutions of others
- Exhaustion of your network
- Feeling loneliness



- Distract yourself
- Ask for help
- Take deep breaths
- Focus your attention on what is important to you

### HORS-PISTE CHALLENGE

Pay attention to how you react in a difficult situation. Identify your emotions. Use a strategy to feel better. Will you dare to ask for help?

