



EXPEDITION+ Talking about anxiety stress-free
Handy student guide





**Centre RBC
d'expertise universitaire
en santé mentale**



**UNIVERSITÉ DE
SHERBROOKE**



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RÉSEAU UNIVERSITAIRE INTÉGRÉ
DE SANTÉ ET DES SERVICES SOCIAUX

**Centre intégré
de santé et de
services sociaux de
la Montérégie-Centre**

Québec

Avec le financement de



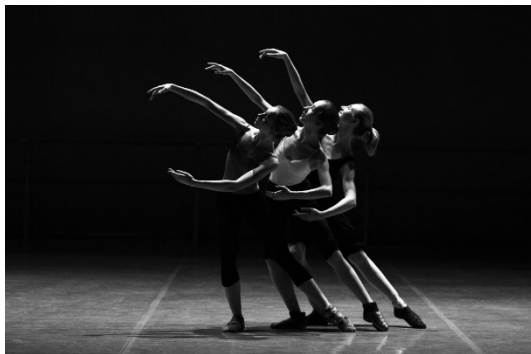
**Agence de la santé
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WORKSHOP 1

ME, ANXIOUS...?

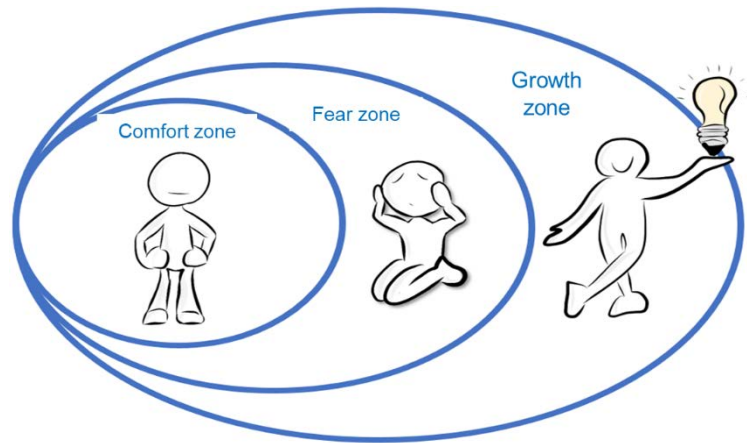


A PICTURE THAT REPRESENTS ME





EXPANDING MY COMFORT ZONE

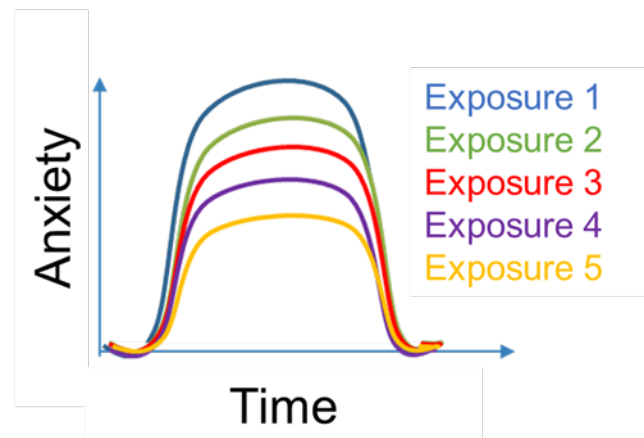
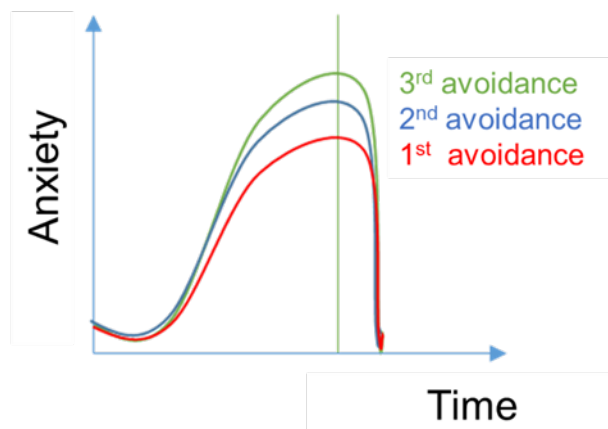


Remember!

Your comfort zone is those parts of your life where you feel good or on familiar territory. It's the relationships, events, and environments where you know the routine and feel comfortable.

Anxiety can happen when you step outside of your comfort zone. This means having to enter the fear zone, where you'll want to avoid anxiety-provoking situations and retreat into the safety of your comfort zone. This is called **avoidance**.

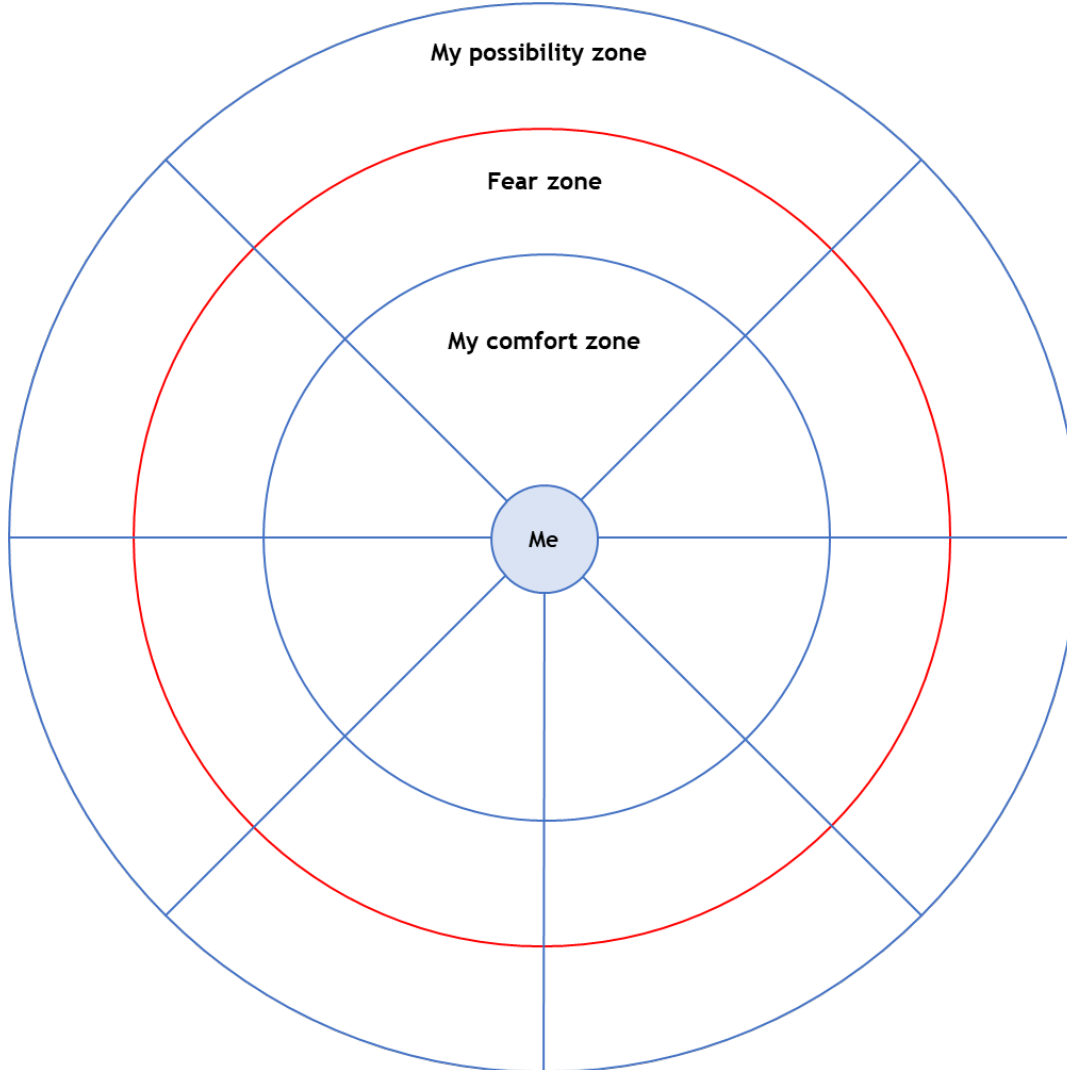
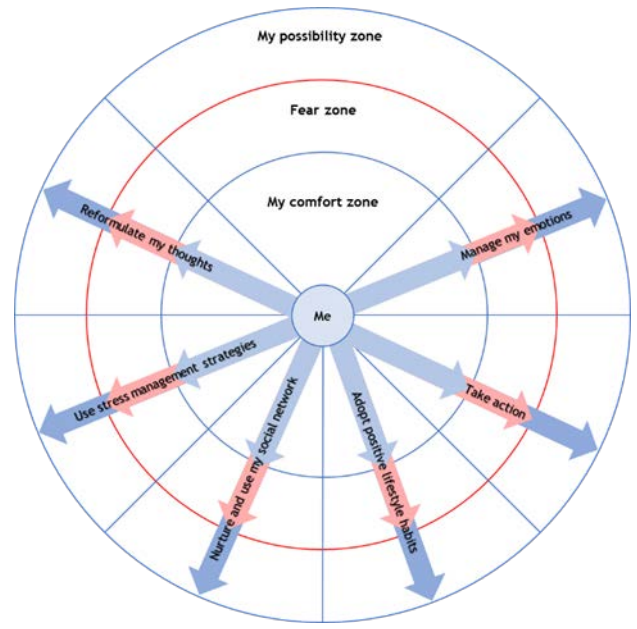
The problem with avoidance is that the more you avoid a situation, the more frightening it becomes. You then need to face your fears, knowing that by facing them, they will diminish and even disappear. This is called **exposure**. Exposure can be very uncomfortable in the short term because facing the scary situation will cause your anxiety level to rise. The more you expose yourself to a situation, the less anxious you'll feel about it over time.





To expand your comfort zone, you will learn to:

- Reformulate your thoughts into helpful ones;
- Manage your emotions to better cope with them;
- Adopt new behaviours:
- Take action;
- Adopt positive lifestyle habits;
- Use prevention strategies;
- Nurture and properly use your social network.



1. What is your goal with this program? This goal needs to be concrete and specific and answer the following question: What do I want to be able to do at the end of the program? This corresponds to your new comfort zone, or your possibility zone.

2. What are the seven baby steps you can take to get closer to your goal? The first step needs to be pretty easy (1), and the others more and more anxiety-provoking (7)... for now.



1.

2.

3.

4.

5.

6.

7.

3. What are some obstacles you might encounter? What thoughts and emotions do you feel when you imagine yourself taking action?



MY CONTRACT

Student contract

Here are some basic rules to follow to make the workshops fun and helpful:

1. I will respect others. Period. That's non-negotiable.
2. I will keep everything I hear confidential. In other words, what's said in the workshops stays in the workshops.
3. I will use "I" statements. ("I" is referring to you. Not the others. Talk about your experiences, your feelings.)
4. I will only talk about the things I feel comfortable sharing. (Basically, no one is forcing you to say anything. But, trust us, it feels good to talk.)
5. I will listen to others, without judging. That's expert-level respect.
6. I will wait my turn before speaking. Once again, that's just a given.
7. I will help others express and share their opinions.
8. I will participate in the workshops. Otherwise, what's the point? No, but really?
9. Between meetings, I will practise the tips I've learned. I will continue to think about the topics discussed and try new things.
10. I will remember that I am surrounded by friends, family, counsellors, and teachers I can confide in and ask for help.

By participating in the HORS-PISTE - *Expedition+* program workshops, you commit to following—to the best of your ability—these ten basic rules.

(signature)



THIS WEEK'S CHALLENGE

You will be given a challenge each week. This week, try to notice what types of situations you tend to avoid. You can write them down here to share at the next workshop.

WORKSHOP 2

WHAT IF I THOUGHT ABOUT IT DIFFERENTLY...



MINDFUL LISTENING

Remember!

You can practise mindfulness in your daily life to help you feel calmer. Mindful listening can also be done when walking in the woods, in a pet store, at the beach, or in an especially stimulating or relaxing sound environment. Pay attention to the silence and to all the sounds you hear.

The *Guide de présence à soi* contains a variety of exercises; it's available at the following address: <https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2018/12/Final-GPS.pdf>

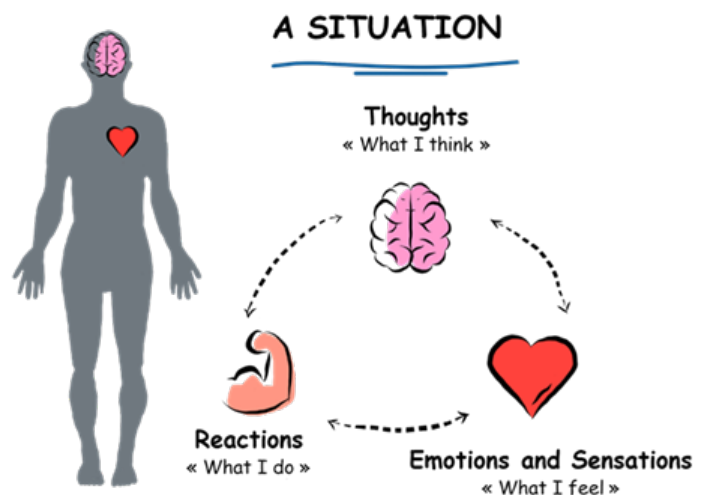


WHAT'S GOING ON INSIDE ME: MY THOUGHTS

Remember!

Since your thoughts, emotions, sensations, and behaviours are all linked, the way you interpret a situation (your thoughts) will influence your sensations and emotions and your reaction to the situation (your behaviours).

Remember the example of the noise in the night. To help you control your stress or your anxiety, you can try to see things differently!



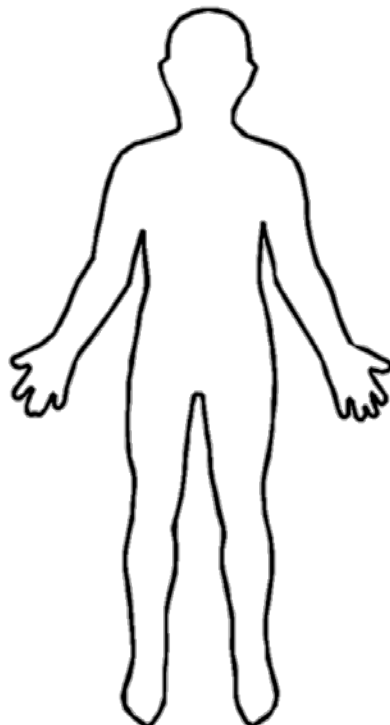


ARE MY THOUGHTS HELPFUL?

Based on the chosen situation, complete the following chart as the discussion progresses.

Description of the situation	Thoughts	Emotions and sensations	Reformulation of the thought into a realistic, helpful, and positive thought	Emotions and sensations
"Teamwork... I don't know anyone"	"No one will want to be my partner"	"Fear, shame, pounding heart"	"Maybe there's someone else who's just as shy as me, and they'd be happy if I suggested we team up"	"Courage, stand up straight"

On the figure of the body below, draw the sensations that the chosen situation makes you feel.



Here is a list of questions that could help you transform your unhelpful thoughts into helpful ones:

List of questions:

- Am I sure about what I'm thinking?
- Does what other people think really matter?
- Am I jumping to conclusions in deciding that this is a disaster?
- Do I tend to exaggerate?
- Is it realistic to expect everything I do to be perfect?
- What's the worst thing that can happen? What can I do to prepare myself? If the worst happened, would it really be that terrible?
- How would this situation affect my life?
- Would I remember it a year from now?
- Is there another way of looking at the situation? Is there anything positive about it? What can I learn from this situation?
- Do I have control over any part of this situation? How could I gain control?
- Have I experienced a similar situation in the past that turned out well? What strategies did I use?
- Do I tend to use extreme words like always, impossible, never, or forever?

Choose the three questions that you relate to the most. You can copy them word-for-word or reformulate them in your own words:



THIS WEEK'S CHALLENGE

Did you use any of the questions to reformulate your thoughts? If yes, did it help?

WORKSHOP 3

HORS-PISTE ACTIVITY



MINDFUL EATING

Remember!

If you take the time to be mindful about it, simply tasting a food can be a very insightful experience rich with sensations. Before you start eating, try to take the time to appreciate the different smells and colours of the food. Try to pay more attention to the act of eating and stop eating when you're full. Eat slowly and try to savour and enjoy each individual food!



THIS WEEK'S CHALLENGE

Have you noticed other situations that make you feel good or that increase your anxiety? If yes, which ones?

DON'T FORGET YOUR PENCIL CRAYONS FOR THE NEXT WORKSHOP!

WORKSHOP 4

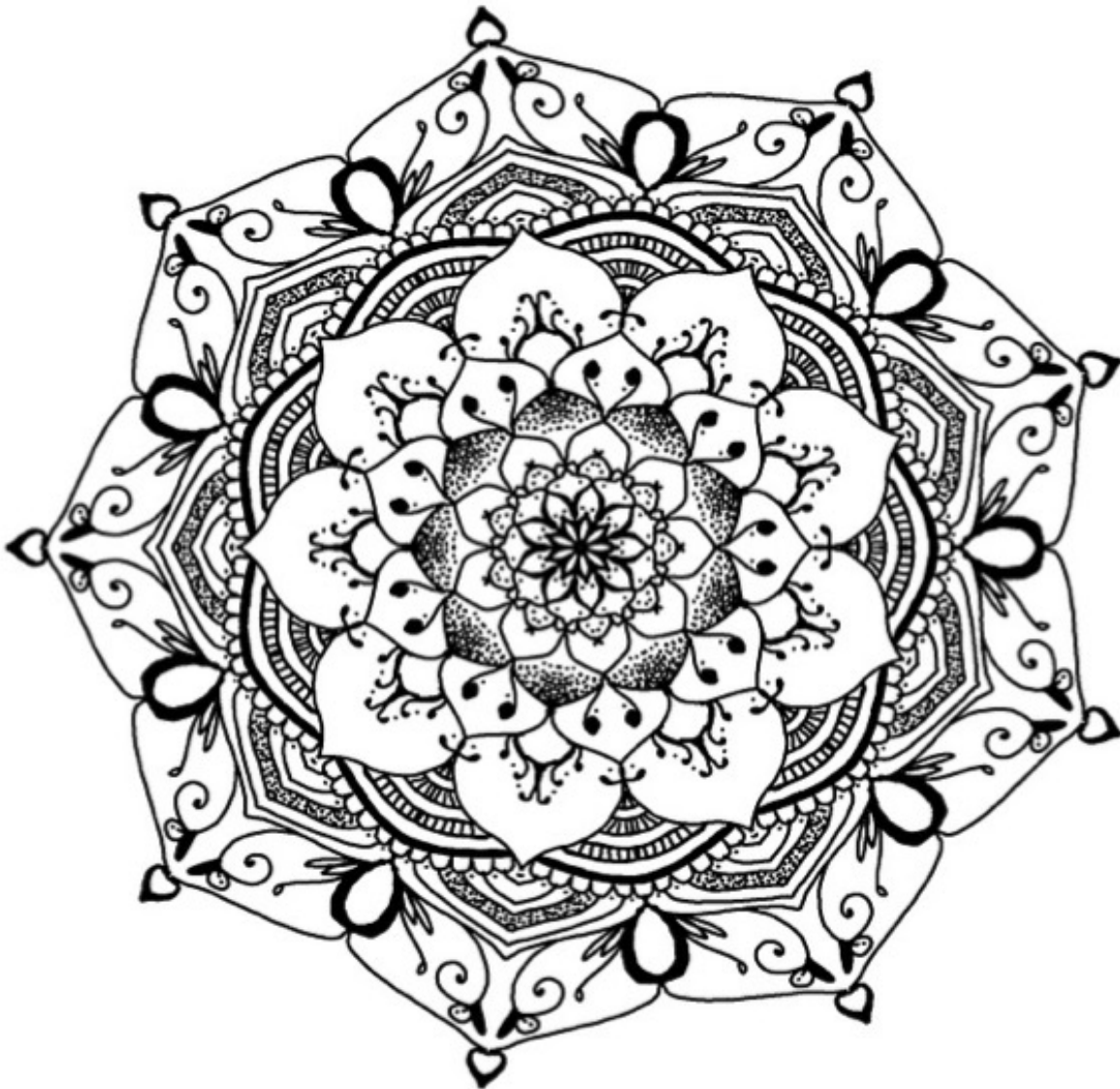
WHAT'S GOING ON INSIDE ME?



MINDFUL DRAWING

Remember!

Drawing can help you learn to follow your intuition and trust yourself. Because the drawing is a reflection of what's going on inside you, there are no right or wrong answers. All types of art promote mindfulness, because they allow you to focus on the present moment.





WHAT'S GOING ON INSIDE ME: MY EMOTIONS

My emotions, needs and strategies



- Confidence
- Anger
- Disappointment
- Anxiety
- Discouragement
- Sadness
- Panic
- Concern
- Happiness
- Surprise
- Confidence
- Optimism
- Gratitude

(Inspired by The Centre for Nonviolent Communication, n.d.)



- Freedom, independence
- Security
- Balance
- Time
- Justice
- Trust
- Help, listening
- Affection
- Recognition
- Comfort
- Relaxation, rest
- Understanding
- Fun, entertainment

(Inspired by The Centre for Nonviolent Communication, n.d.)



- Seeing the situation differently
- Expressing my emotions
- Accepting the situation
- Comparing the situation to something worse
- Taking action
- Being kind to myself
- Asking myself what I can learn from the situation
- Distracting myself
- Asking for help
- Taking deep breaths
- Remembering my values and goals
- Using a stress management strategy

(Inspired by Ciarrochi *et al.*, 2014; Conover & Daiute, 2017; Rottenberg & Gross, 2007; Silk *et al.*, 2003).

1. Can you think of a situation that causes you anxiety? Describe this situation.

2. When you're in this situation, what thoughts tend to run through your head?

3. Using your emotions cards, identify the emotions you feel when you're in this situation.



- Using your emotions cards, identify your needs in this situation and some strategies to help you better manage the emotions that come up.



A large empty rectangular box with a blue border, intended for writing down needs.



A large empty rectangular box with a blue border, intended for writing down strategies.

Remember!

It's normal to experience all kinds of emotions, and it's not always easy to understand why or what to do with them. The emotions cards will help you learn to identify your emotions, as well as the needs behind your emotions. These cards also contain strategies to help guide you when you're struggling with challenging emotions.



Outside of my comfort zone, what things make me react most?

1. How much do you relate to each of these intolerances?

Intolerance to uncertainty									
1	2	3	4	5	6	7	8	9	10
It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		

Perfectionism									
1	2	3	4	5	6	7	8	9	10
It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		

Excessive responsibilities									
1	2	3	4	5	6	7	8	9	10
It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		

Fear of being judged by others									
1	2	3	4	5	6	7	8	9	10
It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		

Intolerance of negative emotions and unpleasant physical sensations									
1	2	3	4	5	6	7	8	9	10
It doesn't sound like me at all			It sounds a bit like me				It really sounds like me		

2. Which of the intolerances do you relate to the most?



THIS WEEK'S CHALLENGE

Identify an emotion that you felt this week. Identify the need related to your situation, then identify a strategy you used to help you manage your emotion better.

WORKSHOP 5

A HELPING HAND?



THE WOW EFFECT!

Remember!

When you expose yourself to the Wow! effect, you allow yourself to be amazed! Compare your place and role in the world to someone or something spectacular. The Wow! effect gives you a new perspective on your questions and concerns. It generates a flood of positive emotions that stimulate your creativity and your desire to take on challenges.



MY LIFESTYLE HABITS

Remember!

Soil is a plant's living environment, which allows it to grow. For the soil to be fertile, it needs nutrients, water, and sun. Conversely, if the plant's soil is low in nutrients or is constantly lacking water and light (which creates stress on the plant), it will have a harder time growing and may wilt. Just like the plant, the way you take care of yourself influences your emotional state and your anxiety. Some lifestyle habits can help you reduce your anxiety. On the other hand, some lifestyle habits can be detrimental to your well-being.

1. What two lifestyle habits would you like to work on or change?

2. How do you plan to do this?



STRESS MANAGEMENT STRATEGIES

Remember!

Stress management strategies are things you can do to help yourself cope better with a stressful or anxiety-provoking situation. They are concrete ways to help you calm down and better deal with a difficult situation.



To cope with a difficult, stressful, or anxiety-provoking situation, you can use the following strategies:

- Ask for help, talk about it, get support from your friends or parents;
- Do relaxation, breathing, yoga, and mindfulness exercises;
- Get plenty of sleep, pamper yourself, show affection, take it easy, disconnect;
- Try to see things differently;
 - Practise gratitude;
 - Live in the moment.
- Reformulate negative thoughts into more realistic, helpful thoughts;
- Laugh, have a good time, throw a party, have fun;
- Write down or draw your emotions and thoughts;
- Get in touch with nature: go for a walk in the forest, do some gardening.
- Go on a cultural outing;
- Spend time with an animal that makes you feel good;
- Play sports, or do fun or creative activities:
 - Sports, exercise, walking, martial arts, combat sports, etc.;
 - Drawing, writing, art, drama, dance, music, singing, crafts, reading, photography, etc.

1. What activities or strategies do you already do?

2. What activities or strategies would you like to do or adopt?

3. How can I use these activities or strategies more when I am faced with a more difficult situation?

4. Make a concrete plan.

With whom? _____

When? _____

How? _____



THIS WEEK'S CHALLENGE

Try a strategy that could help you cope with a stressful situation.

WORKSHOP 6

HORS-PISTE ACTIVITY



MINDFUL BREATHING

Remember!

Taking time to focus on your breathing can reduce your stress, regulate your emotions, and improve your concentration. Breathing is central to the practice of mindfulness. It represents an anchor point, a simple way to bring yourself back to the present moment. When you feel your thoughts racing or when you feel like you need or want to calm down, you can decide to focus on the rhythm or movement of your breathing (Morin *et al.*, 2018).



THIS WEEK'S CHALLENGE

Try to notice situations where your parents could have given you what you wanted but didn't. Write down how that made you feel.

DON'T FORGET TO DRESS FOR OUTSIDE NEXT WORKSHOP!

WORKSHOP 7

HOW TO TAKE CARE OF MY SOCIAL NETWORK?



MINDFULNESS IN NATURE

Remember!

Spending time in nature has a positive impact on your mental health and can help you better manage your stress or anxiety. When you spend time in nature, pay attention to your different senses: what you see, hear, touch, and smell. Nature has many benefits that you can easily enjoy.



THE IMPORTANCE OF MY SOCIAL SUPPORT NETWORK

Remember!

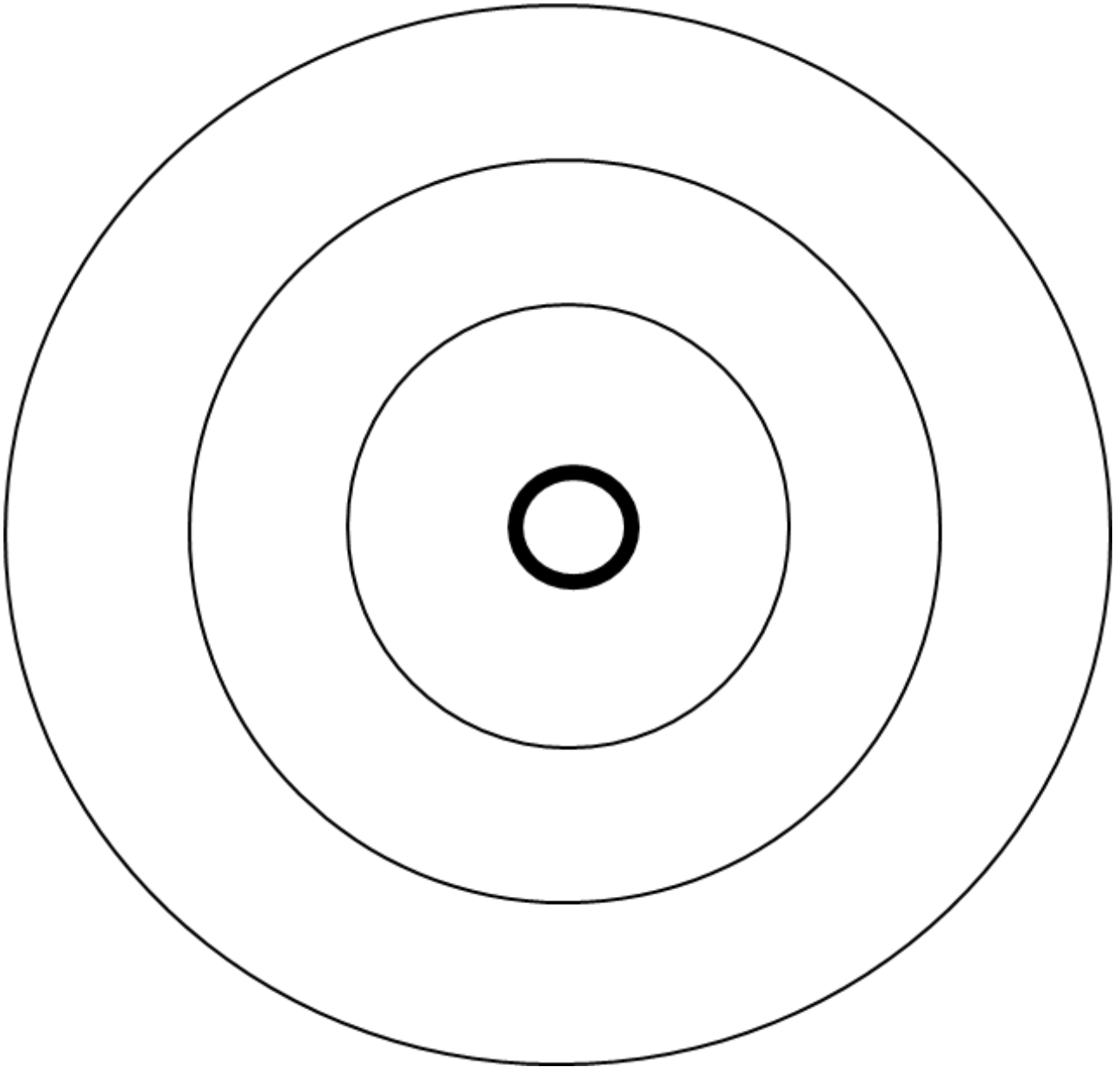
Having access to a social support network protects you from stressful or anxiety-provoking situations. It also allows you to meet many of your needs. Your network is good for your self-esteem, sense of purpose, and social integration. When you are faced with a stressful or anxiety-provoking situation, the main role of the people in your network is to provide support by being present, understanding, available, attentive, non-judgmental, supportive, and informative.

What matters most is not the number of people in your social support network, but the quality of the relationships and the satisfaction you get from them.

Using these instructions, illustrate your social support network on the map.

1. You are in the middle.
2. Think about how the people in your life are grouped into **different categories** (e.g., school, hobbies, family, teachers, counsellors, etc.). On the map, draw a wedge (slice of pie) for each group. The size of the wedge should correspond to the importance of that group in your life.
3. For each group, think about **significant people** and write them on your map. You can write their first name or their initials.
 - **In the first circle** (small one), write the names of the people you see every day (your inner circle).
 - **In the second circle** (medium one), write the names of the people you see on a regular basis.

- In the third circle (big one), write the names of the people you see only rarely.
4. Once everyone is listed on your map, draw arrows representing the reciprocal nature of each relationship. An arrow pointing **from you to the other person** means you are giving more than you are receiving in this relationship; an arrow pointing **from the other person to you** means you are receiving more than you are giving in this relationship; an arrow pointing **in both directions** means you are both giving as much as you are receiving.



Remember!

Try to maintain **reciprocal** relationships in order to avoid burning out, either because you are giving too much or because you feel like you are taking too much.

You may have noticed that the different categories on your map (pie slices) are not all equal. Try to maintain a balance between these different categories of people so you don't find yourself isolated if one of them happens to go through a difficult time.

And make sure you have people in your inner circle who can provide you with support.

1. Do you feel like your social support network is balanced?

2. On a scale of 1 to 10, how satisfied are you with your social support network, 1 being "not at all satisfied" and 10 being "completely satisfied"?

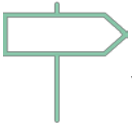
1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not at all satisfied									Completely satisfied

3. Can you identify two ways to improve the quality of your social support network?



You can use the following strategies to establish good relationships:

- Smile, be relaxed;
- Make jokes;
- Appreciate the person, show interest in them;
- Compliment their accomplishments and skills;
- Make eye contact with the person you're talking to or who is talking to you;
- Practise active listening, show signs that you're listening (agree, nod);
- Take the first steps to talk to someone;
- Ask questions about the other person's situation and experiences;
- Take the time to listen before resuming the discussion;
- Identify shared interests;
- Wait your turn to talk;
- Participate in the discussion;
- Use a calm, steady tone of voice;
- Don't try to monopolize the conversation.



You can use the following strategies to maintain good relationships:

- Listen attentively;
- Get involved, show interest in others;
- Open up, learn to talk about yourself;
- Express yourself clearly and honestly;
- Take initiative, talk about your ideas and projects;
- Be able to see and respect other people's points of view;
- Be able to criticize opinions and behaviours, not people;
- Be able to accept criticism from others;
- Tolerate differences;
- Encourage, help, and compliment others;
- Have a sense of humour.



THIS WEEK'S CHALLENGE

Do something to maintain or develop your social support network.

WORKSHOP 8

INTEGRATIVE ACTIVITY



THE MOUNTAIN MEDITATION

Remember!

You can do the mountain meditation at home using the recording at this address:
<https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2022/11/Mountain-meditation-1.mp4>



THIS WEEK'S CHALLENGE

Find new ways to expand your comfort zone.

WORKSHOP 9

HORS-PISTE ACTIVITY



BODY SCANNING

Remember!

Body scanning allows you to become aware, as best you can, of all the sensations you are feeling as you shift your focus to each part of your body (Morin *et al.*, 2018). You can use this exercise whenever you feel the need.



THIS WEEK'S CHALLENGE

Use a mindfulness exercise in your daily life and try to notice what it does for you.

WORKSHOP 10

WOW! GREAT PROGRESS!

MY POSSIBILITY ZONE



1. List two questions that help you reformulate your thoughts and a third that you could use if needed (see p. 10):

2. List two emotion regulation strategies that help you and a third that you could try if needed (see p. 13):

3. List two stress management strategies that you use and a third that you could try if needed (see p. 19):

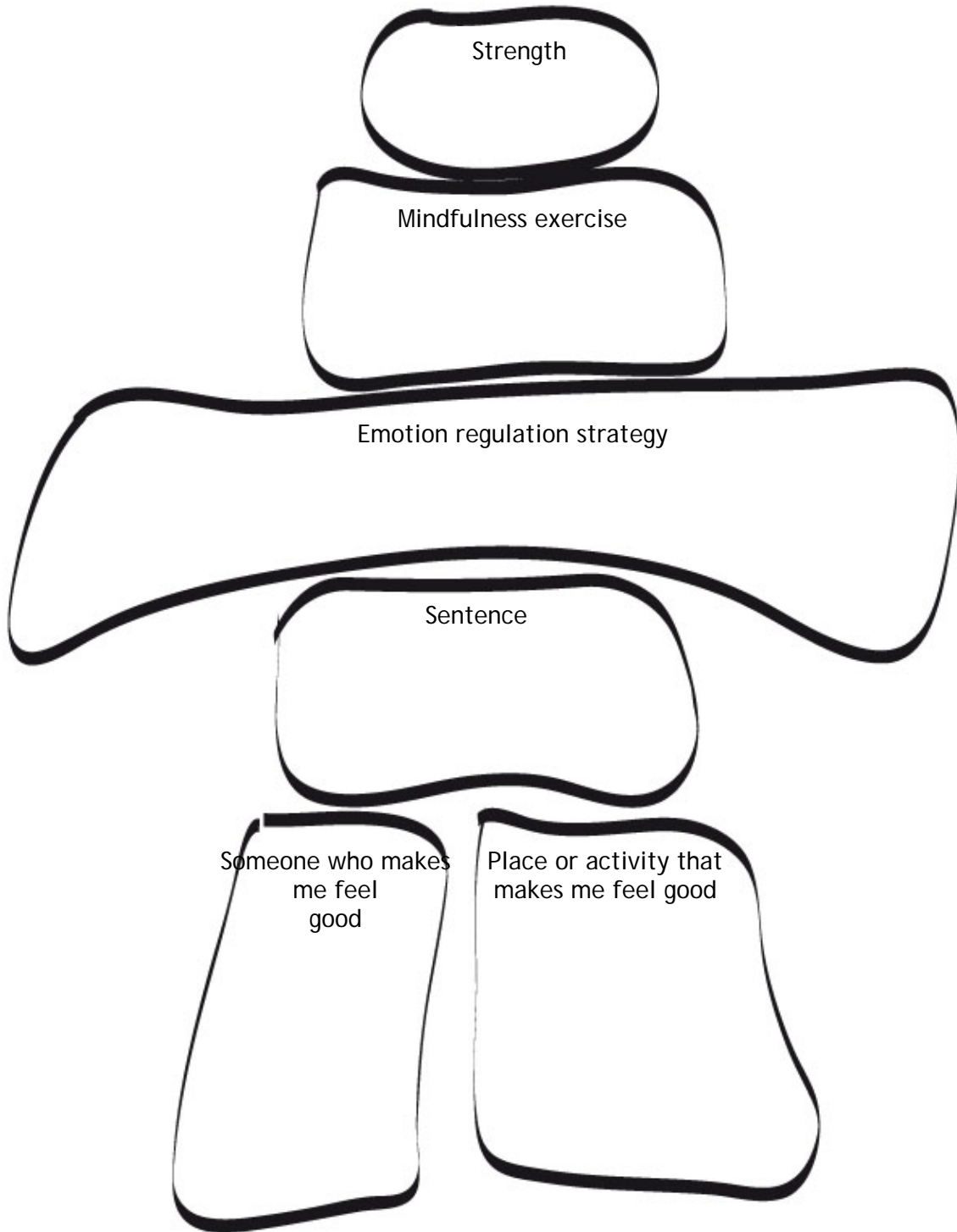
4. List two baby steps that you took and a third that you could take (see p. 6):

5. List two lifestyle habits you have put in place and a third you could try (see p. 18):

6. List two people you can rely on and a third person you would like to get closer to (see p. 23):



AND THEN...? PLACE INUKSHUKS ON MY PATH



50 INSPIRING QUOTES

1. "We have two lives, and the second begins when we realize we only have one." (Confucius)
2. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." (Martin Luther King)
3. "In this world, some people will always throw stones in your path. It depends on you what you make with them... a wall or a bridge." (Unknown)
4. "Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." (Vivian Greene)
5. "Our lives are full of catastrophes that have never happened." (Unknown)
6. "Accept what is, let go of what was, and have faith in what will be." (Buddha)
7. "If there is a problem, there is a solution. If there is no solution, there is no problem." (Various authors)
8. "If you can dream it, you can do it." (Walt Disney)
9. "Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny." (Stephen Covey)
10. "They did not know it was impossible so they did it." (Mark Twain)
11. "I've decided to be happy because it is good for my health." (Voltaire)
12. "If you think adventure is dangerous, try routine; it is lethal." (Paulo Coelho)
13. "The happiest people don't have the best of everything, they just make the best of everything." (Unknown)
14. "Happiness is not at the top of the mountain, but in how to climb." (Confucius)
15. "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." (Marcel Proust)
16. "With too much we get lost. With less we find ourselves." (Zhuang Zhou)
17. "Where the needs of the world and your talents cross, there lies your vocation." (Aristotle)
18. "Do every act of your life as if it were your last." (Marcus Aurelius)
19. "Be not afraid of moving slowly. Be afraid of standing still." (Chinese proverb)
20. "Don't look for happiness, create it." (Unknown)
21. "Don't worry about failures, worry about the chances you miss when you don't even try." (Jack Canfield)
22. "Better done than perfect." (Unknown)
23. "Believe in your dreams and they may come true. Believe in yourself and they will surely come true." (Martin Luther King)
24. "You will never find what you are not looking for." (Confucius)
25. "If we are facing in the right direction, all we have to do is keep on walking." (Buddhist proverb)
26. "A goal properly set is halfway reached." (Zig Ziglar)
27. "When we dare, we are often wrong. When we don't dare, we are always wrong." (Romain Rolland)
28. "When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile." (Unknown)
29. "Life is like riding a bicycle. To keep your balance you must keep moving." (Albert Einstein)
30. "You know you're on the right track when you become uninterested in looking back." (Unknown)
31. "That each man is the sum of his choices is nothing less than the truth. And each, perhaps, is also something else." (Joseph O'Connor)
32. "He who is master of himself is greater than he who is master of the world." (Buddha)

33. "As I change my thoughts, the world around me changes." (Louise L. Hay)
34. "Remember that the only constant in life is change." (Buddha)
35. "Only the heart knows the correct answer." (Deepak Chopra)
36. "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." (Albert Einstein)
37. "Make of your life a dream, and of a dream a reality." (Antoine de Saint-Exupéry)
38. "There is more courage than talent in most successes." (Félix Leclerc)
39. "To do something truly extraordinary, start by dreaming about it." (Walt Disney)
40. "We are the result of our thoughts." (Buddha)
41. "Winners find solutions, losers make excuses." (Franklin Roosevelt)
42. "A journey of a thousand miles begins with a single step." (Lao Tzu)
43. "Day by day, in every way, I am getting better and better." (Émile Coué)
44. "Shoot for the moon. Even if you miss, you'll land among the stars." (Oscar Wilde)
45. "When life gives you lemons, make lemonade." (Dale Carnegie)
46. "When you arise in the morning, think of what a precious privilege it is to be alive—to breathe, to think, to enjoy, to love." (Marcus Aurelius)
47. "If I had nine hours to chop down a tree, I'd spend the first six sharpening my axe." (Abraham Lincoln)
48. "It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult." (Seneca)
49. "Don't wait to be happy to smile. But smile to be happy." (Unknown)
50. "If you do what you have always done, you will get what you have always gotten." (Unknown)

Remember!

Inukshuks are placed throughout the landscape to guide the walker. The questions you answered and the sentences you chose can serve as guideposts on your journey when you feel lost, lonely, or anxious.

