

# HORS PISTE

Too much is just as bad as too little!  
When stress plays tricks on you . . .

Workshop 1

## REMINDER!

Knowing your own signs of stress helps you realize what things stress you out—and deal with them more confidently!

Stress is a **NORMAL** alarm reaction to a concrete, real-life situation. It allows you to react appropriately when there's danger.

Sometimes, **your brain plays tricks on you. TAKE CONTROL!** If you react the same way to an ant as you do a bear, you're wasting a lot of energy for nothing!

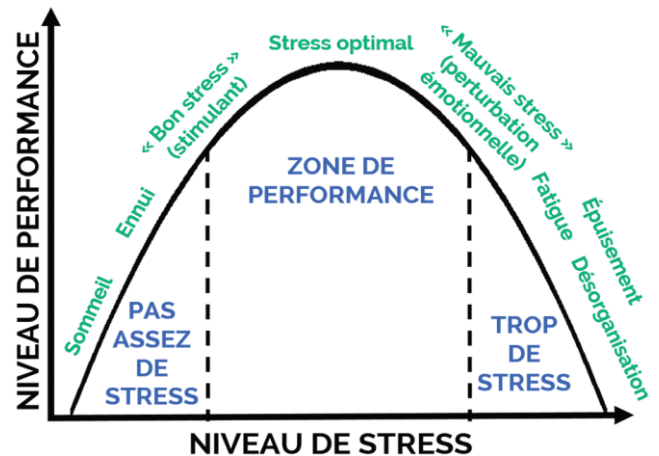
**Preserve your energy by assessing the seriousness of the situation!**

## It's your turn!

Apply these strategies

- Take action
- Listen to music
- Do a physical activity
- Talk to someone about your stress
- Do relaxation or meditation exercises
- Have fun with your friends
- Watch a TV show you enjoy
- Draw, paint, sculpt, create
- Go for a walk in nature
- Breathe, relax
- Do a mindfulness exercise
- Etc.

## Stress . . . Good or bad?



## Active break

Mindful movements, stretching and breathing exercises can help you relax and cope better with stress.

## HORS-PISTE CHALLENGE

Think about a **stressful situation** you'll have to face in the coming weeks. Choose one or two **strategies** you could use to **face** this situation with confidence.



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## HORS-PISTE program – Exploration

### References

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**For complete references for the HORS-PISTE Exploration program, please visit the following address:**

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