



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

Workshop 2

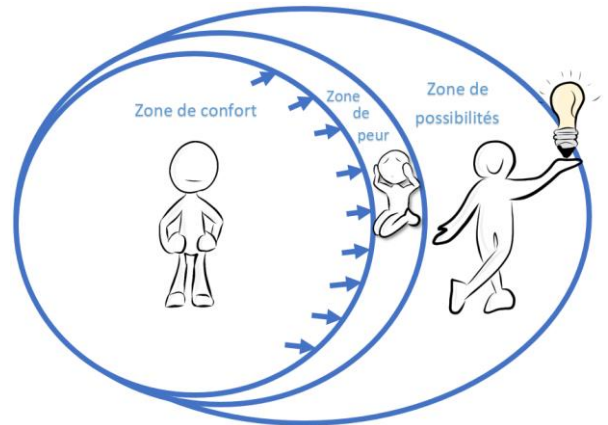
REMINDER!

Anxiety is not dangerous . . .
It's temporary.
It always disappears eventually.

Anxiety is the fear of fear itself:

Anxiety is the tendency to think up worst-case scenarios and scare yourself with things that haven't happened yet.

Exposing yourself to uncomfortable situations to expand your comfort zone!



It's your turn!

Apply these strategies

- Adopt healthy lifestyle habits
- Recognize your physical sensations and the warning signs of anxiety
- Transform your unhelpful thoughts into helpful ones
- Learn to see things differently
- Use strategies to deal with your emotions
- Confront anxiety-provoking situations instead of avoiding them
- Step out of your comfort zone
- Maintain quality social relationships

REMINDER!

Exposing yourself to uncomfortable situations and conquering your fears increases your tolerance, and lets you expand your comfort zone and shrink your fear zone.

Use ways to calm down:

- Art
- Physical activity
- Laughter
- Social contacts
- Mindfulness

HORS-PISTE CHALLENGE

This week, observe your reactions to situations that cause you anxiety. Choose one or two **strategies** you could use to **face** these situations with confidence.



Visit



Translate by Direction Santé Publique, CISSS Montérégie Centre
Traduit par Direction Santé Publique, CISSS Montérégie Centre

HORS-PISTE program – Exploration

References

- (Centre RBC d'expertise universitaire en santé mentale and its partners (2019) *HORS-PISTE program - Expedition. Intervention guide*. Sherbrooke: University of Sherbrooke.
- Forsyth, J.P. and Eifert, G.H. (2007). *The Mindfulness and Acceptance Workbook for Anxiety*. New Harbinger Publication Inc.
- Gosselin, P., René-de-Cotret, F. and Martin, A. (2019). Un nouvel instrument mesurant des variables cognitives associées au trouble d'anxiété généralisée chez les jeunes: le CAG. *Canadian Journal of Behavioural Science*, 51(4), 219-230.
- Harvey, P. and Ikic, V. (2014, June). *Tout d'un coup que... Faire face aux inquiétudes excessives*. Paper presented at Conférences Fernand-Séguin ISUMM, Montréal, Québec, Canada.
- Lupien, S. (2019). *À chacun son stress*. Éditions Va Savoir.
- Marchand, A., Letarte, A., and Seidah, A. (2018). *La peur d'avoir peur. Guide de traitement du trouble panique et de l'agoraphobie*. Editions du Trécarré.
- Shih, H-H., and Lin, M.-J. (2017). Does Anxiety Affect Adolescent Academic Performance? The Inverted-U Hypothesis Revisited. *Journal of Labor Research*, 38(1), 45–81. doi: 10.1007/s12122-016-9238-z
- Strack, J., Lopes, P., Esteves, F., and Fernandez-Berrocal, P. (2017). Must We Suffer to Succeed? When Anxiety Boosts Motivation and Performance. *Journal of Individual Differences*, 38(2), 113–124. doi: 10.1027/1614-0001/a000228
- White, A. (2009). *From comfort zone to performance management*. White & MacLean Publishing.
- Yerkes, R.M., and Dodson, J.D. (1908). The relation of strength of stimulus to rapidity of habit formation. *Journal of Comparative Neurology and Psychology*, 18(5), 459–482.

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

https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2022/08/references_bibliographiques.pdf

Or click this link: [references bibliographiques.pdf \(usherbrooke.ca\)](https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2022/08/references_bibliographiques.pdf)