

MY

OFF

TRAIL

PROGRESS

SUNNY OR CLOUDY?

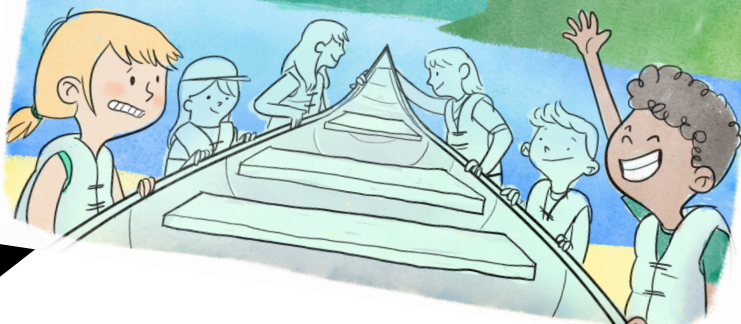
“Naming happy situations and difficult situations”



CHALLENGE #1

DISCUSSING THE RAPIDS?

“Expressing yourself clearly”



CHALLENGE #2

RABASKATASTROPHE!

“Cooperating with your peers”



CHALLENGE #3

KEEPING YOUR BATTERIES CHARGED!

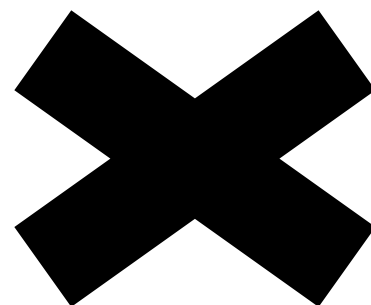
“Taking care of yourself”



CHALLENGE #4

REMI GETS NEW TOOLS

“Finding ways to deal with difficult situations”



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MY OFF-TRAIL PROGRESS

To cut out and glue to the *My OFF-TRAIL Progress poster*, after each workshop.

CHALLENGE #1

CHALLENGE: Share the happy and difficult moments of your week.



CHALLENGE #2

CHALLENGE: When you're working as a team, look back at the handout on effective communication strategies and use at least one of them.



CHALLENGE #3

CHALLENGE: Help a friend in need.



CHALLENGE #4

CHALLENGE: Pay attention to your daily lifestyle habits and try to change one habit to make it healthier and more positive.

