

# MY

# OFF

# TRAIL

# PROGRESS



## MY INNER ROLLERCOASTER

"Discovering your sensations, emotions and thoughts"



CHALLENGE #1

## COOLING YOUR JETS

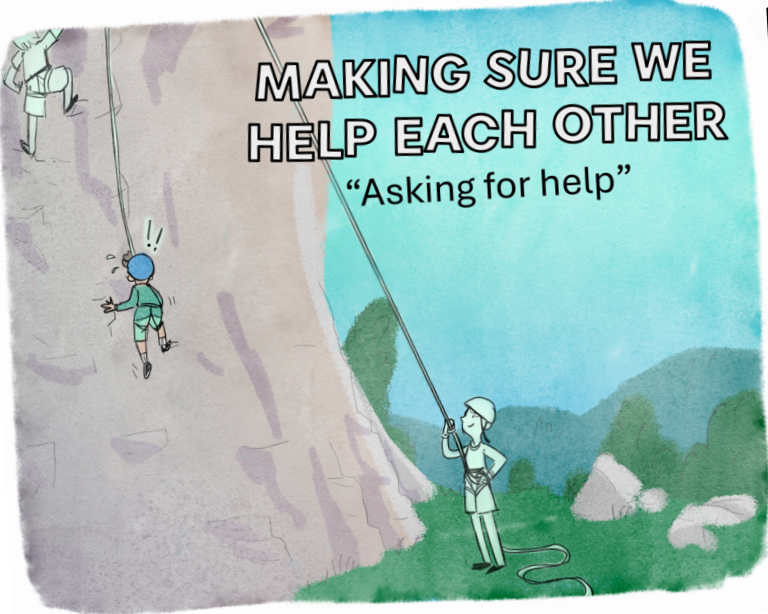
"Using strategies to calm yourself down"



CHALLENGE #2

## MAKING SURE WE HELP EACH OTHER

"Asking for help"



CHALLENGE #3

## WAS IT WORTH IT?

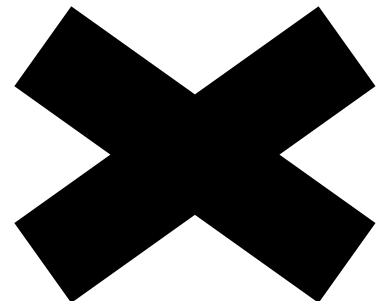
"Asserting yourself against social influences"



CHALLENGE #4

## A HURRICANE IN MY HEAD

"Learning to use mindfulness"



Financial contribution from



Public Health Agency of Canada

Agence de la santé publique du Canada

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

Québec



Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale



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

### CHALLENGE #1

CHALLENGE: Try to classify the sensations, emotions and thoughts you feel the next time you experience stress, using the drawing of Charlie.

### CHALLENGE #2

CHALLENGE: Try at least one of the strategies presented in the workshop to calm yourself down.

### CHALLENGE #3

CHALLENGE: Try to ask someone you trust for help when you need it.

### CHALLENGE #4

CHALLENGE: Try to assert your disagreement when someone tries to influence you negatively.