

MY

OFF

TRAIL

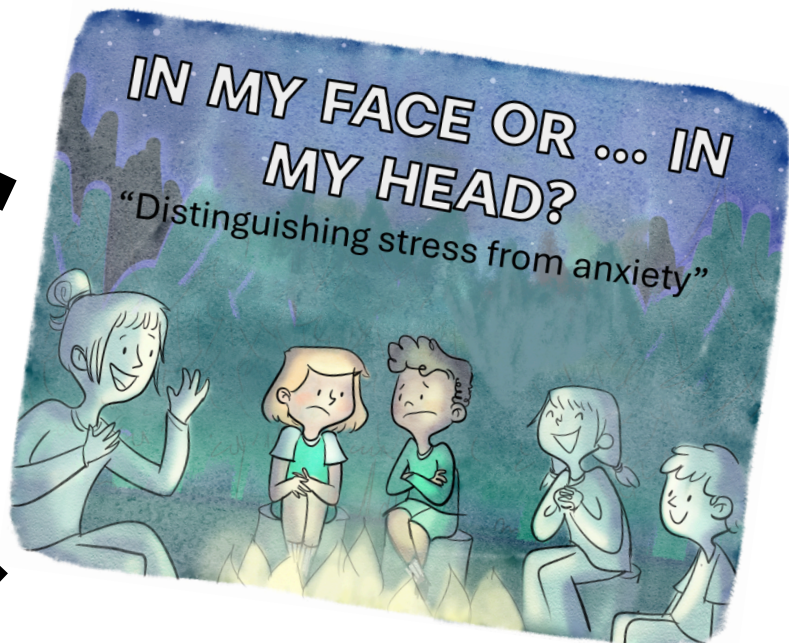
PROGRESS



THE STRESS DETECTIVES

"Knowing what situations stress you out"

CHALLENGE #1



IN MY FACE OR ... IN MY HEAD?

"Distinguishing stress from anxiety"

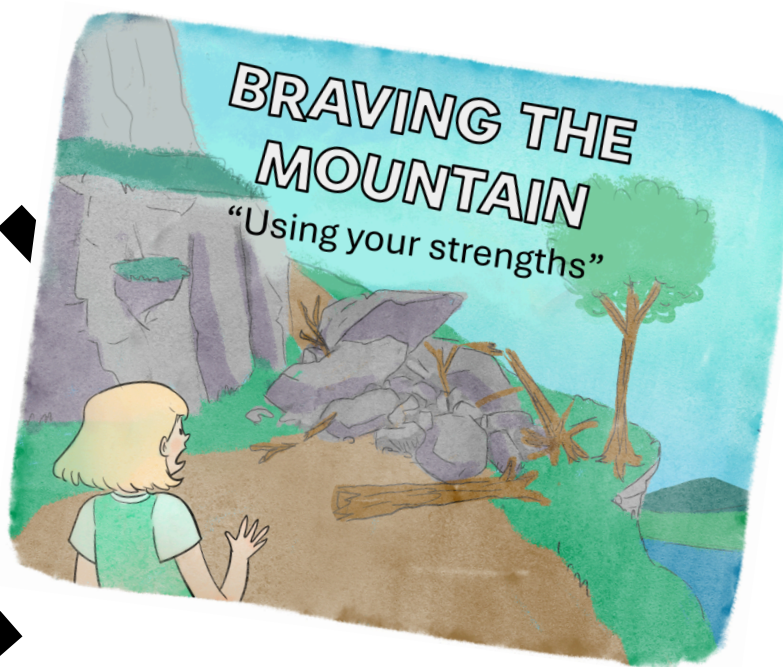
CHALLENGE #2



AN OUT-OF-ZONE EXPEDITION

"Coping with anxiety"

CHALLENGE #3



BRAVING THE MOUNTAIN

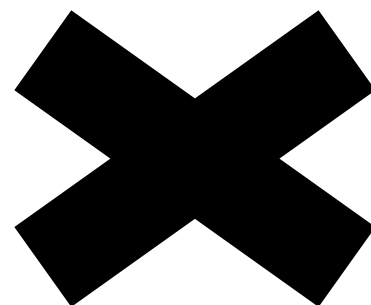
"Using your strengths"

CHALLENGE #4



THE SUMMIT

"Adapting to change"



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

CHALLENGE #1

CHALLENGE: Pay attention to situations that are causing you stress and choose a way to calm down.

CHALLENGE #2

CHALLENGE: Try using a meditation exercise when you experience stress or anxiety.

CHALLENGE #3

CHALLENGE: When you realize that you feel like running away from an uncomfortable situation, try to use at least one way to reduce or cope with your anxiety.

CHALLENGE #4

CHALLENGE: Identify two strengths that you'll use in teamwork.