

EMOTIONS... THEY'RE ONLY HUMAN!



Workshop 3

REFRESHER



Experiencing emotions is **inevitable!** Whether they're pleasant or difficult, **all our emotions have their place and their reason for being!**

Your emotions are your inner weather! Tune in to hear their message. This can help you understand yourself better and regulate your emotions with care.

"If you go outside without checking the weather, you may be in for some surprises and experience a lot of inconvenience!"

Your turn!



Use these strategies to **regulate your internal weather:**

- Accept the situation as it is, without denying it;
- Notice what is going on inside you;
- Welcome your emotions without judging them;
- Express or release your emotions through art, sports, writing, etc.;
- Be attentive to the needs that lie behind your emotions;
- Reframe your harmful thoughts into more helpful ones;
- Refocus your attention on what is important to you (needs, values and goals);
- Look for solutions using your strengths.

Even if you have no control over the emergence of your emotions, **you do have power over how you experience them, express them, and behave!**

Word to the wise:

Sometimes, two heads are better than one!
Ask for help when you need it.



Who to ask and how?

- Text, call or talk to a friend, adult or parent you feel you can confide in.
- Seek advice, guidance or support in a situation.
- Meet with a school counsellor.
- Contact official resources: social workers, CLSCs, Tel-jeunes, Alloprof, youth centres, etc.

OFF-TRAIL challenge

This week, ask the students to pay attention to how they react in a difficult situation:

- 01** Identify the emotions you feel;
- 02** Then use a strategy to better manage and express your emotions.

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