

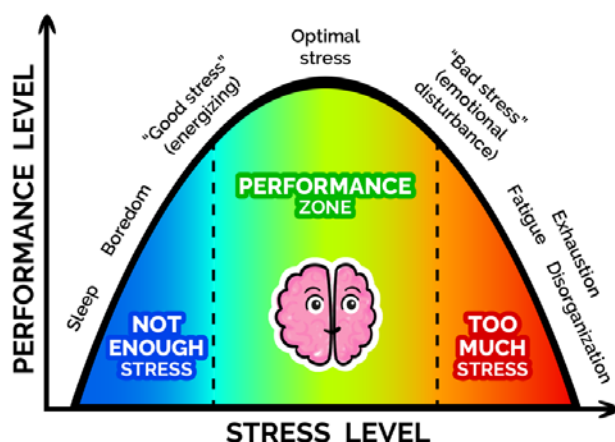
TOO MUCH IS JUST AS BAD AS NOT ENOUGH! WHEN STRESS PLAYS TRICKS ON ME...

Workshop 1

REFRESHER



The more aware you are of your stress signals, the more you can take steps to bring down your stress and avoid letting it build up!



Stress is a **NORMAL** alarm reaction to a **real, concrete** situation. It allows us to react appropriately when faced with a **danger**.

Sometimes, our brain plays tricks on us. If you react to a bear the same way as you would to an ant, your emotional response is probably not adjusted to reality!

Preserve your energy by assessing the severity of the danger.

Active break



Moving and stretching while focusing on your breathing can help you **relax** and better **manage** your stress.

Your turn!

Use these strategies to **manage your stress**:

- Stop, take a break;
- Take a deep breath;
- Put things into perspective, look at the situation differently;
- Play soft, gentle music;
- Take a warm bath or a relaxing shower;
- Exercise or do a sport;
- Practise mindfulness;
- Do an artistic activity (drawing, singing, etc.);
- Go outside, take a walk in nature;
- Spend time with an animal you love;
- Go see your friends, surround yourself with people;
- Confide in someone, talk about your stress;
- Write down what you're experiencing in a diary or journal.



OFF-TRAIL challenge

This week, when faced with a stressful situation:

- 01** Identify your **stress level**;
- 02** Pay attention to **your signs of stress** (physical sensations, emotions and thoughts);
- 03** Choose one or two strategies to **manage your stress**, without **avoiding** the situation.

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