

DON'T SQUEEZE ME! I'M NOT A LEMON...

OFF

TRAIL

Workshop 5

REFRESHER

We can't please everyone—just like not everyone pleases us. What matters is that you make **your own choices, based on your needs, feelings, tastes, values and rights**. And remember that strong relationships don't usually break down over a simple disagreement or a difference in taste!



Social pressure is everywhere in our **environment**, including family, friends, school, sports, the media, society, etc.

It influences **how we show up and act**, including our opinions, perceptions, behaviours, attitudes and choices.

When you feel pressured, you can stop, look within, and ask yourself what **you really want**, then be assertive!

Your turn!



Use these strategies to **cope with social pressure and be assertive**:

- Stop, breathe, refocus;
- Listen to yourself first;
- Respect yourself, in terms of needs, feelings, tastes, values and rights;
- Respect others, in terms of their needs, feelings, tastes, values and rights;
- Ask questions, gather information, try to understand;
- Challenge preconceived notions, don't buy into everything;
- When you're not sure, give yourself some time before making choices;
- Demonstrate confidence and courage;
- Confront your fear of displeasing others, give yourself permission to say no;
- Communicate calmly and honestly;
- Use humour to defuse tension without trivializing the situation.

REMINDER



Asserting yourself means communicating **calmly and honestly**, while **respecting others**!

OFF-TRAIL challenge

This week, identify a situation where you experience some form of pressure:

- 01** Use the “RESIST THE SQUEEZE” pause and notice how this pressure affects you internally;
- 02** Make a decision and try to be assertive;
- 03** Practise one of the other strategies you learned.

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Centre RBC
d'expertise universitaire
en santé mentale

Summer 2025



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