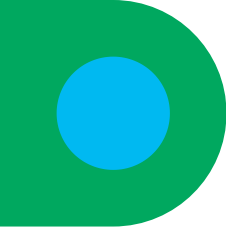




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ADDITIONAL MATERIALS

Wellbeing Fruits
Print doublesided



**Stress is not always negative.
It is the body's way of keeping us
alert and to warn us about danger.**

**Long term stress can cause unhealthy
mental and physical symptoms. Short
term stress can help us be resilient,
foster growth and adaptation.**

Pick a ACTION FRUIT to find out.

PROGRESSIVE MUSCLE RELAXATION

**Lift your shoulder to your ears and
hold ofr 5 seconds. Focus on the
tension in this area of your body.**

**After 5 seconds, slowly relax and
exhale. focus on the calm released in
your body.**

**Repeat, until your body feels
relaxed. TRY with another part of
your body!**

Stress is stored in our bodies.

**Stress can impact our heart rate,
blood pressures, cause
headaches, upset stomach,
disrupts our sleep and increases
risk of anxiety. It is important to
pay attention to what our body is
telling us.**

Pick a ACTION FRUIT to find out.



**USING YOUR
BODY**

**USING YOUR
BODY**



**USING YOUR
BODY**



SLOW DOWN

Take 10 steps very slowly. Notice any sensations on the bottom of your feet.

CONNECT TO BODY

Cross your arms and ankles. Tuck your hands under your armpits. Low head and breathe.

ORIENT TO SURROUNDINGS

Choose your favourite colour. Use your eyes to locate this colour around the room. This helps to interrupt stressful thoughts by bringing you back into the present moment.

What do you hear, see, feel, taste and smell in your surroundings?

SMILE

It is proven that smiling relaxes your body and mind. It releases good chemicals in your brain to help accept the reality of a stressful situation.

Your smile does not even have to be a real one. Just move your facial muscles to create the expression of a smile. Try it!



**USING
YOUR
MIND**



**USING
YOUR
MIND**



**USING
YOUR
MIND**





ESTABLISHING CONTROL

Think of a daily stressful situation. Respond to the following prompts:

- What is not in my control in this situation?
- What is in my control in this situation?
- What can I control to make the situation better?



KNOWING THE DIFFERENCE

Stress is a physical change that takes place in the body. It occurs because of different stress factors.

Anxiety is a feeling of unease, or of being overwhelmed. It usually results from being afraid of something.

Pick up ACTION fruit to find out how to deal with stress and anxiety?



REACTIONS TO STRESS

Hyperarousal: too fast

- **Symptoms:** Overreactive, unclear thoughts, heart and breathing increases, sweating, irritated
- **Solutions:** Mindfulness, grounding, breath work

Hypoarousal: too slow

- **Symptoms:** Depressed, tired, numb, unmotivated
- **Solutions:** Physical activity, engage with someone socially, orient to surroundings



BOUNDARIES



BOUNDARIES



BOUNDARIES





COMMUNICATING BOUNDARIES

1. Be clear and specific
2. Ask for what you want/need
3. Don't be afraid to remind others of your boundary

What boundaries would you like to communicate?



PRACTICE BOUNDARIES

Think of a boundary you want to REINFORCE. Complete the following sentences to help communicate your boundary:

I want

I need

I expect

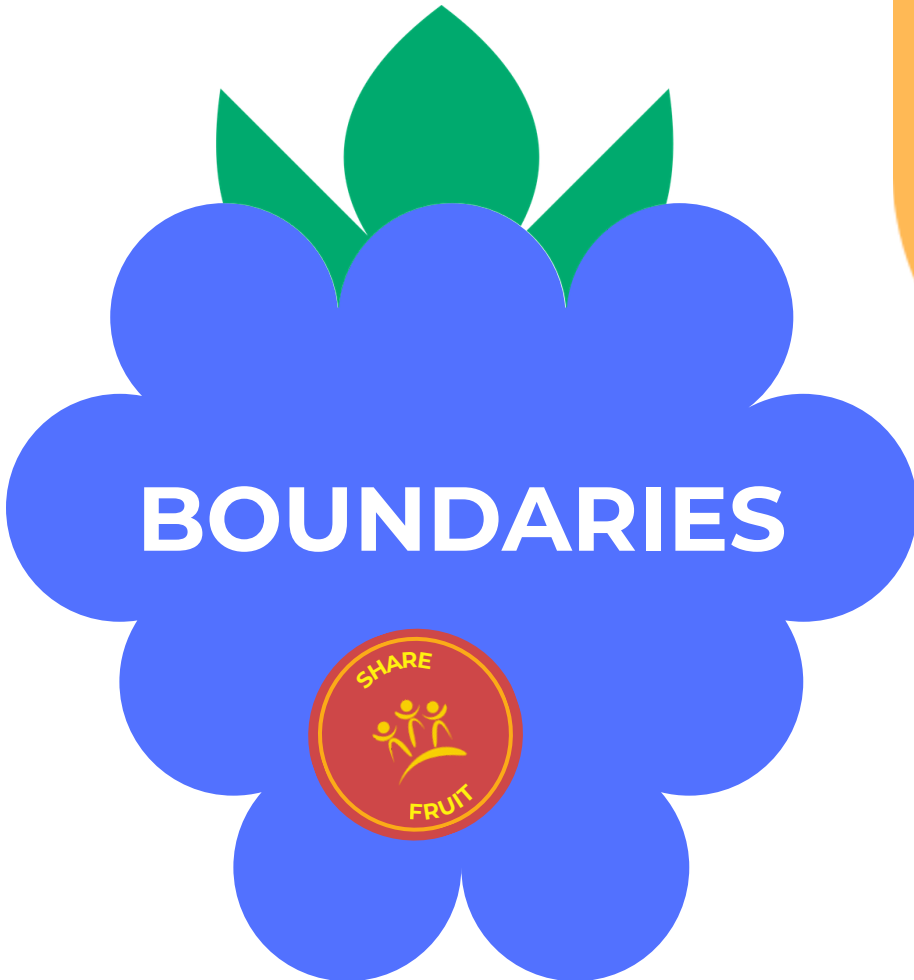


WHAT ARE BOUNDARIES?

Identifying your needs and expectations for yourself and others.

Communicate what is acceptable behaviour in your relationships or friendship.

Tell to others how you would like to be treated





SHARE

Sometimes our mind get stuck in negative thoughts. When this happens, it can be hard to stop.

What are some ways we can notice and interrupt these negative thoughts?

Pick up an ACTION fruit

SHARE

When we are stressed, our minds and body react to tell us what is happening. Share with a partner your responses.

- **What does stress feel like in your body?**
- **How does your body and mind feel when you are calm?**
- **How do you reduce stress in your everyday?**



SHARE

Think of two people in your life and your relationship with them.

What are the boundaries in these relationships? Are they similar or different?



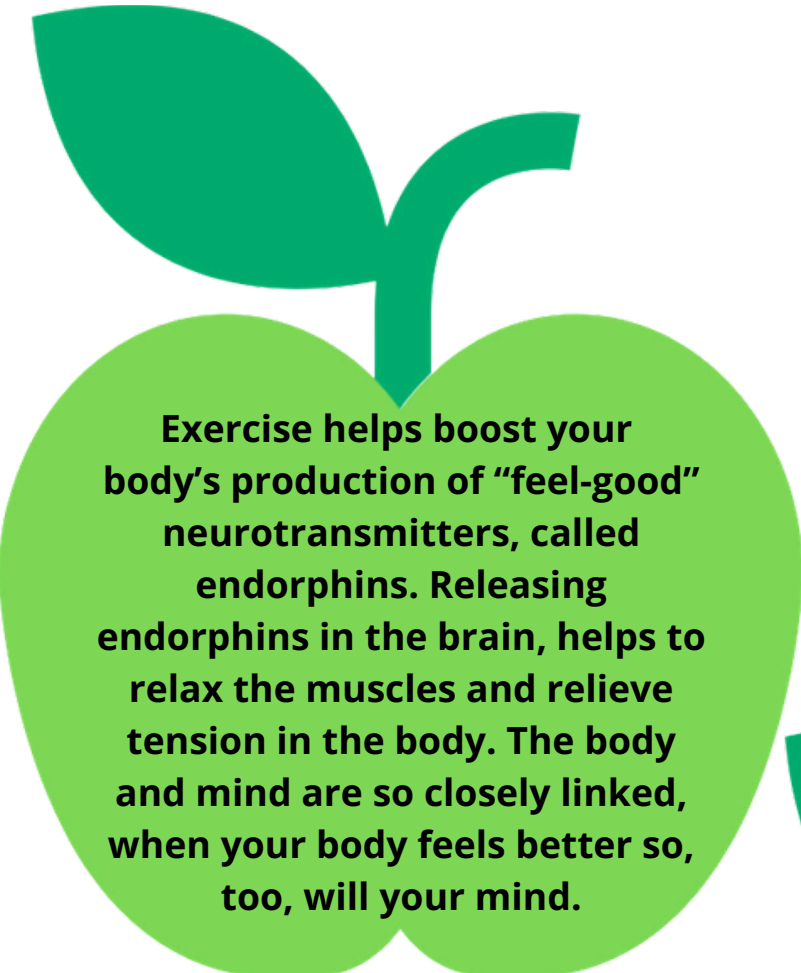
EXERCISE




EXERCISE



EXERCISE



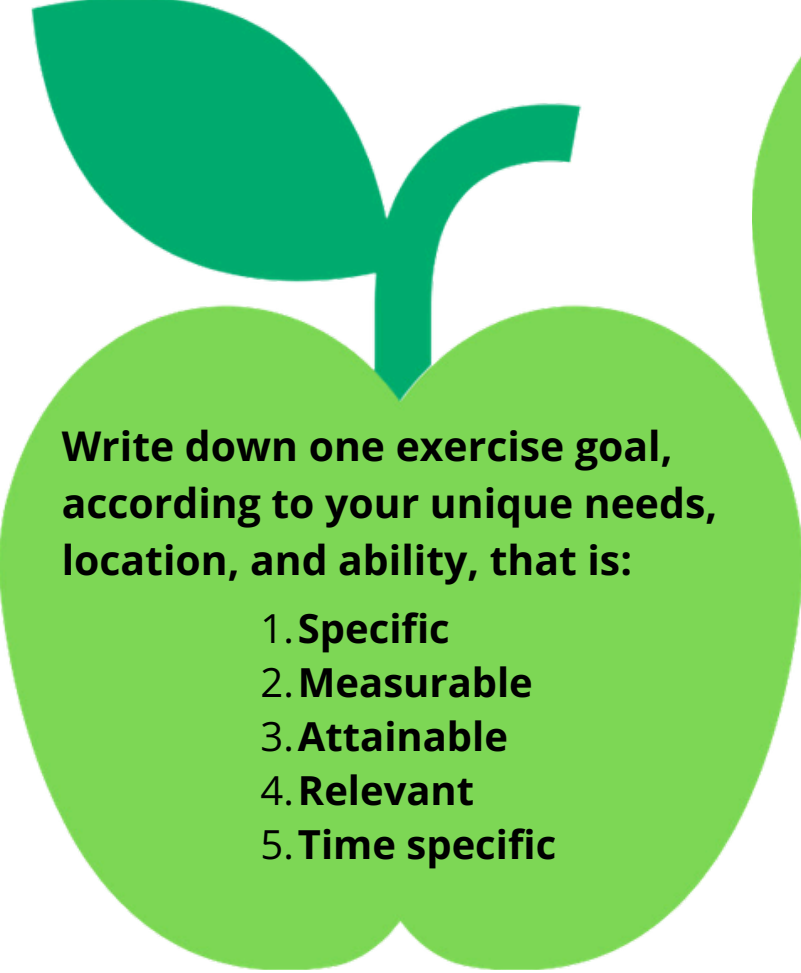
Exercise helps boost your body's production of "feel-good" neurotransmitters, called endorphins. Releasing endorphins in the brain, helps to relax the muscles and relieve tension in the body. The body and mind are so closely linked, when your body feels better so, too, will your mind.



Exercise doesn't need to be difficult or expensive, here are examples

- Walking
- Stair climbing
- Dancing
- Yoga
- Gardening
- Swimming
- Cycling
- More!

What exercise do you do? What would you like to do?



Write down one exercise goal, according to your unique needs, location, and ability, that is:

- 1. Specific**
- 2. Measurable**
- 3. Attainable**
- 4. Relevant**
- 5. Time specific**





What is your sleep routine?

Having a wind down routine that you use every day can help settle you into a space to rest.

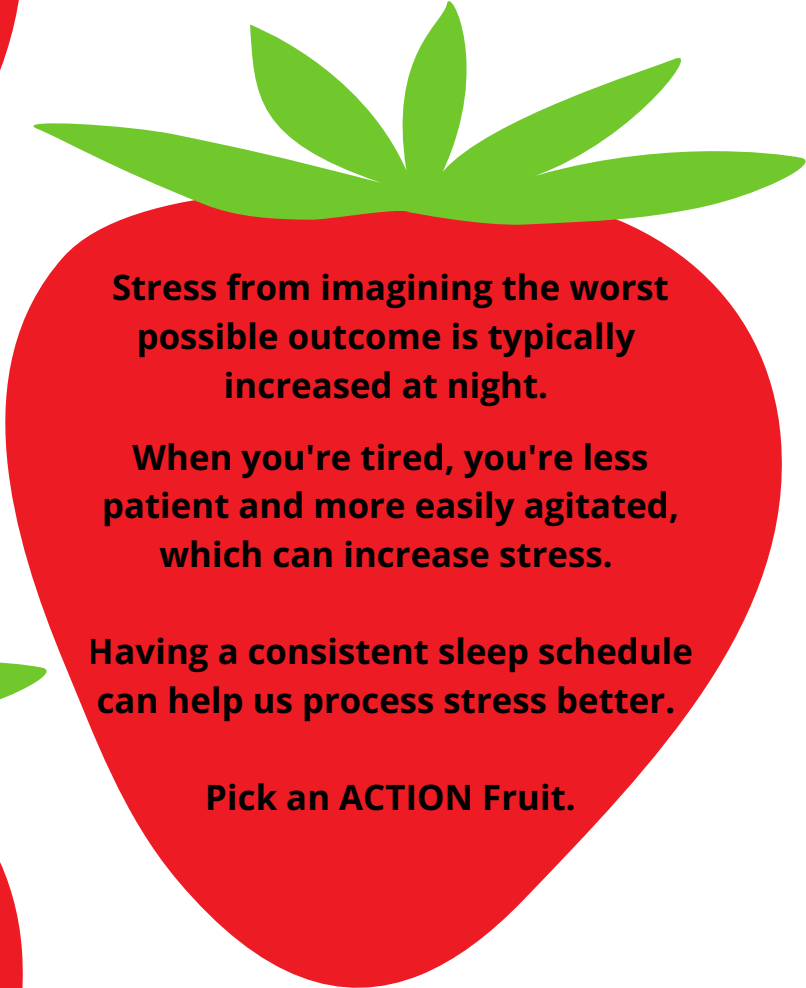
Example: hot water, reading a book, turning the lights low can help signal to your brain and body that it is time to sleep.



BODY SCAN

- 1. Take 5 deep breaths**
- 2. Focus first on your head all the way down to your toes.**
- 3. Notice how do they feel? tension? relaxation?**

This can help us connect with our body again. You can do this anywhere anytime.



Stress from imagining the worst possible outcome is typically increased at night.

When you're tired, you're less patient and more easily agitated, which can increase stress.

Having a consistent sleep schedule can help us process stress better.

Pick an ACTION Fruit.





**SELF-KINDNESS
-VS-
SELF-JUDGEMENT**

- How can we care for ourselves like how we care for others?
- What is your favourite imperfect thing about yourself?

Recognize we are imperfect and therefore showing kindness to ourselves can help accept difficulties in life.

**COMMON HUMANITY
-VS-
ISOLATION**

Suffering is part of being human and life is filled with unexpected happenings. Focus on what is in your control in situations. What is uncontrollable "let go".

What is something you want to let go of? What is something you want to hold onto?

**MINDFULNESS
-VS-
OVERIDENTIFICATION**

Observe our negative thoughts and emotions with openness and clarity. Mindfulness helps us to be aware of our emotions and not ignore them.

What emotions are you sitting with today? What are your emotions telling you?





NOTICING STRESS

1. Gently place your hand over your heart.
2. Feel the touch of your hand on your chest. Feel the natural rising and falling of your chest.
3. Linger with the feeling for as long as you like.



PRINCIPLES OF SELF-COMPASSION

1. **Self-kindness:** caring for ourselves as we would care for other people
2. **Common humanity:** struggle is part of the human experience and can help us connect to others
3. **Mindfulness:** do not dismiss or ignoring your pain



WHEN YOU ARE FEELING STRESS OR SELF-DOUBT

Recognize what is happening around you.

Allow the experience to be there just as it is. Sit with it.

Remember that both positive and negative emotions are part of being human.





SHARE

What is an exercise activity you do on a daily basis?


What is an exercise activity you would like to try?



SHARE

When sleeping our body releases growth hormones that help us restore our mind and body. Sleep helps with concentration and productivity in the daytime. Therefore, good sleep habits are important for our emotional well-being.

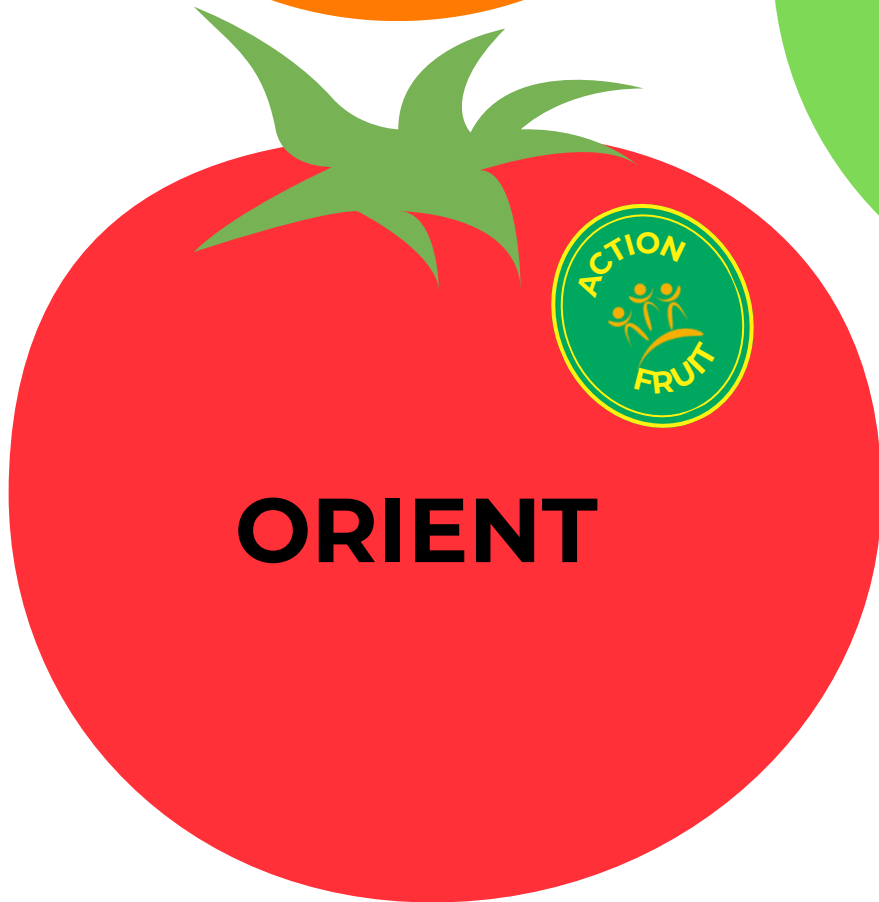
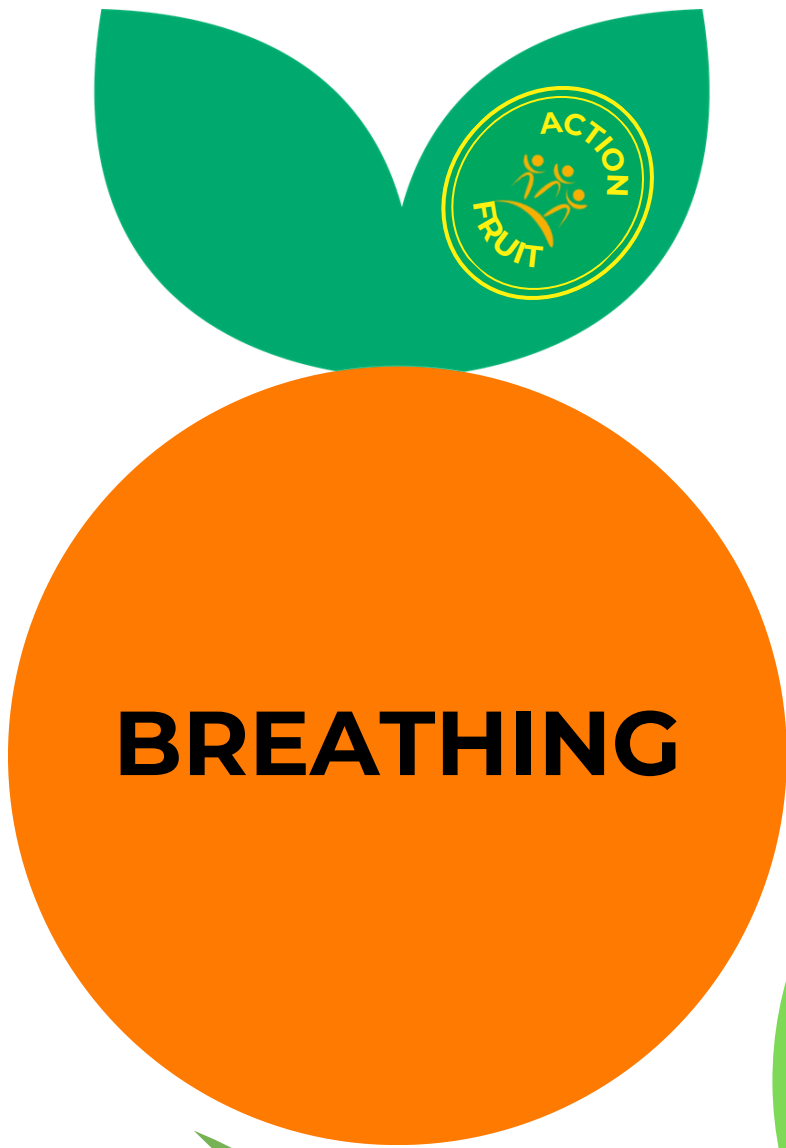
What are common things that interrupt your sleeping? What helps you to sleep well at nighttime?



Think about a time when you struggled to be compassionate with yourself.

Ask yourself "What if I responded to myself the same way I would to a friend who was struggling"?

How would that change your reaction?





GROUNDING

Focus on your feet, feeling them firmly planted on the floor. Imagine roots growing at the bottom of your feet into the ground. You can practice this anytime and anywhere.



BREATHING

Take one of your hands. Use the other hand to trace your fingers. Inhale up a finger and exhale going down a finger.

You can practice this anytime and anywhere.



ORIENT TO YOUR SURROUNDINGS

Use your eyes to look around your space slowly. What do you notice? What colours, shapes, textures and objects are in the room?

This helps to bring yourself into the present moment. You can practice this anytime and anywhere.