

## WORKING ON YOUR EMOTIONS



If I find myself in a situation that makes me anxious,  
I step back and consider the bigger picture.



I know that I can get overwhelmed by emotions  
and feel out of balance, as if an earthquake had hit.



I stop and take the time to think about the strategies  
I can use to calm down.



### → I CAN FOCUS ON INTERNAL FACTORS.

(breathing, relaxing, talking to my inner voice,  
acknowledging and naming my emotions)



### → I CAN ALSO FOCUS ON EXTERNAL FACTORS.

(talking to someone, listening to music,  
getting some fresh air)



Taken from *Vic, l'anxiété de performance à l'adolescence*,  
Nathalie Parent, Éditions Midi Trente.