



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



TAKING CARE OF YOURSELF IN ORDER TO BETTER MANAGE YOUR EMOTIONS

TOOL: Prevention | Intervention

TARGET AUDIENCE: Teens

TOOL INTENDED FOR: Professionals | Parents | Teens

CONCEPTION

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TARGET AUDIENCE:

- Teens who have difficulty managing their emotions, particularly children who are stressed, impulsive, inattentive, hyperactive, oppositional, aggressive, anxious, depressed or those with autism spectrum disorder.

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Difficulty regaining a state of calm and well-being.
- Difficulty managing emotional states.

SPECIFIC GOALS

- To help the teens manage their emotions by adopting healthy lifestyles.

DESIGN

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TAKING CARE OF YOURSELF IN ORDER TO BETTER MANAGE YOUR EMOTIONS

Between school, sports, friends, extracurricular activities, work and siblings, do you feel like it's making your head spin? Do you sometimes have tantrums or intense emotions to the point of feeling like you're losing control? Managing everyday emotions isn't always easy. That's why it's important to take care of yourself during everything you're going through. By having habits that promote your well-being, you'll be in a better state of mind to manage emotions in your daily life. The following are some helpful tips to take care of yourself.

1. DO PHYSICAL EXERCISE

Exercise is good for your physical and mental health. Find an activity that's right for you, whether it's walking your dog or playing badminton a few times a week. The goal is to find an activity or exercise that you'll keep up over time and that you'll enjoy practising.

2. MAKE SLEEP A PRIORITY

Establish a routine that will allow you to relax and help you fall asleep. Set aside your computer, tablet and phone at least 90 minutes before going to bed. Enjoy listening to some relaxing music, reading, chatting with your parents or preparing your bag for the next day. Your room should be a calm and quiet place that invites sleep. You can also do some breathing and stretching exercises.

3. DEVELOP HEALTHY EATING HABITS

During adolescence, you need various nutrients to help your brain and body properly develop. Be sure you make healthy food choices, while keeping a balance. It's also important to stay hydrated.

4. SET A LIMIT ON TECHNOLOGY USE

Technology, such as your cell phone, may be a significant part of your life. Sometimes you don't realize it, but you spend an excessive number of hours on Facebook, Messenger, Instagram, TikTok or gaming apps. Develop a "techno plan" by setting a time limit per day for each app (e.g. 45-minute limit on Instagram each day). You'll receive a notification when you reach that limit. It will also be the signal that it's time to do something else.

5. FIND SOMEONE YOU CAN TRUST TO TALK TO

It's important to have someone who you can confide in if things don't work out. It may be a close friend, a school professional or a family member. Identify this person and find out when is the best time to speak with them.