



The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



FEELING GOOD ABOUT OURSELVES AND OTHERS

TOOL: Prevention | Intervention

TARGET AUDIENCE: All post-secondary students

TOOL INTENDED FOR: Professionals



Centre RBC
d'expertise universitaire
en santé mentale



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– Details: Teachers, professors and psychosocial workers in CEGEPs and universities.

TARGET AUDIENCE: All post-secondary students

NEEDS AND BEHAVIOURAL MANIFESTATIONS

- Post-secondary students who have or are at risk of having the following signs:
 - Relationship and communication difficulties;
 - Self-esteem issues;
 - Search for meaning and motivation issues;
 - Stress and anxiety;
 - Self-management/health practice difficulties;
 - Emotional management difficulties;
 - Social skill difficulties;
 - Adaptation difficulties;
 - Search for personal development.

SPECIFIC GOALS

- **To cope better** with stress and mindfully set goals for what we want/desire;
- **To develop** simple mindful communication tools for ourselves and with our loved ones and colleagues;
- **To enhance** emotional intelligence (self-knowledge/self-management/motivation/empathy/social skills).



Using layman’s terms and with a sense of humour, this video series provides concise lessons and practical exercises to help improve the quality of our relationship with ourselves and others!

- **16 video clips** (including 4 meditations) with an average duration of **10-15 minutes** each;
- **6 integrative exercises/practical tools**

Link to the video series

<https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-jeune/boite-a-outils-2/serie-web-bien-ensemble-et-avec-soi/>

THE UNDERLYING THEORETICAL CONCEPTS ARE:

- The 5 components of emotional intelligence;
- The 4 quadrants of the Acceptance and Commitment Therapy (ACT) matrix;
- Mindful/non-violent communication;
- Cognitive distortions and rational-emotive theory;
- The roundabout of coping with frustration;
- The validated benefits of gratitude;
- The mindful self-compassion program/validated benefits of mindfulness.



USEFUL RESOURCES

Centre RBC d'expertise universitaire en santé mentale
<https://sante-mentale-jeunesse.usherbrooke.ca/>

Centre RBC Facebook Page
<https://www.facebook.com/CentreRBCdexpertise/>

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