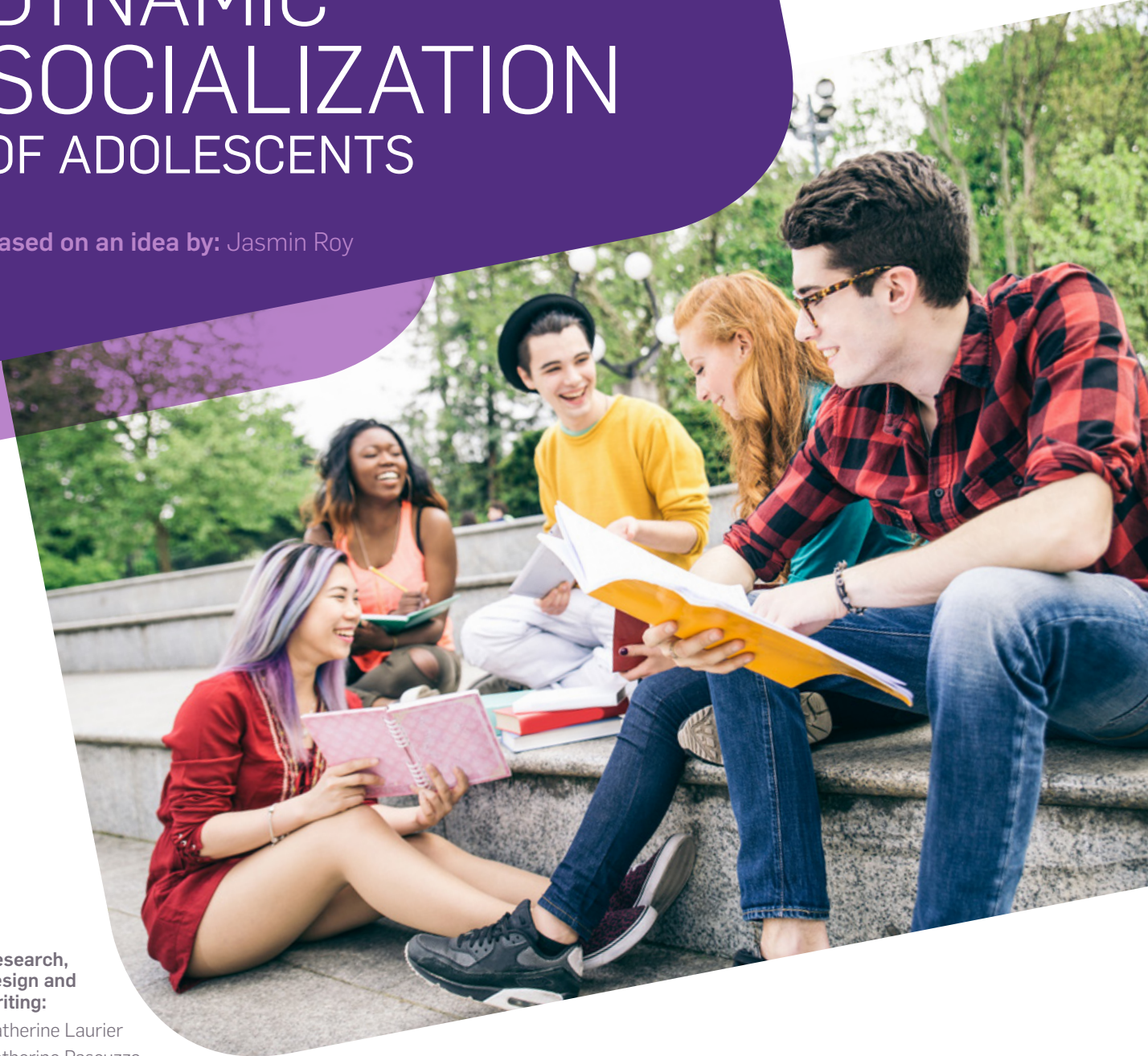


A GUIDE TO PROMOTE THE DYNAMIC SOCIALIZATION OF ADOLESCENTS

Based on an idea by: Jasmin Roy



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DEFINITION

An **emotion** is information. It is often perceived as positive or negative, pleasant or unpleasant.

The French word "émotion" (emotion) comes from the following Latin words:

- ex-movere, which means "to stir up";
- motio, which means "action of moving."

Emotion is therefore the movement of life itself! It sets the body in motion, like a physiological reflex.

Emotion is also an emotional state of great intensity that usually occurs briefly. By linking the affective aspect to the physiological aspect, an emotion is a psychophysiological response, that is, it engages the body (physical sensations) and mind (memory). Emotion is a response to sensory stimulation or a change in the environment.

Our five senses are therefore involved in the emotional reaction process: we see, hear, feel, touch and taste, which causes a chain of internal reactions that affect us positively or negatively, pleasantly or unpleasantly. In short, it is an adaptive response to a stimulus in the environment.

This adaptive response to the environment "is specific to each individual. In fact, it occurs in a situation that is significant to the individual, and the importance given to it by each individual and the resulting emotional response may vary."

"An emotion is therefore information that our body gives us through the triggering of physiological responses. Emotions are universal and are found in all cultures. They are the same for everyone!

These responses are considered pleasant or unpleasant by us or those around us.

What differentiates us is the speed with which we manage these emotions."

This definition is adapted from the following two websites:

<https://ecole-et-bienetre.com/definition-emotion/>

<http://lalettreatable.org/spip.php?article149>

SOME TIPS

There is no point in shrugging off or trying to ignore emotions; they come to life in spite of us. We should therefore accept, express and listen to them in order to better understand who we are (from an identity perspective) and what our needs are.

In general, it would be greatly beneficial if we stop considering emotions as positive or negative. It is normal to feel them; it makes us human. We call them positive or negative, since it is easier to perceive them that way. Experiences that arouse such emotions elicit these qualifying adjectives.

Also, in this sense, the actions we take in connection with our emotions may have harmful consequences, both on ourselves and on others.

It is therefore important to:

- be familiar with emotions (**see Sheet B**);
- understand how they arise (**see Sheet C**);
- and properly regulate them in order to appropriately and peacefully respond without harming anyone (**see Sheet D**).

In conclusion, the emotions can affect the quality of our relationships with the people around us (**see Sheet E**).

