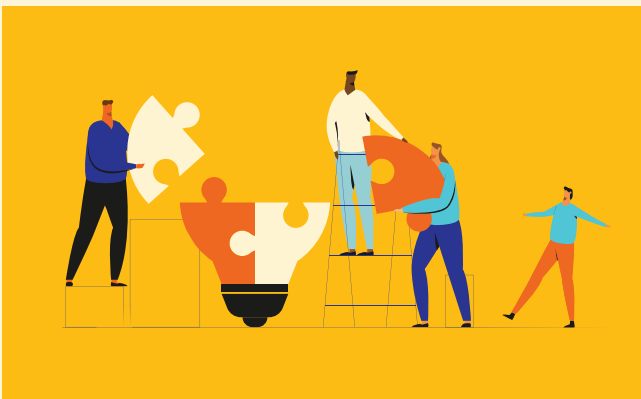


Tools to better understand each other and cultivate harmony



Day 7

Your challenge today

Identify your favourite way of calming down when you experience a strong emotion!

Psst! Try suggesting this exercise to your family and friends!

MANAGING EMOTIONS

It’s normal for our families to experience all kinds of emotions, whether they’re due to changes, periods of uncertainty or simply our daily lives.

Knowing how to manage them peacefully is essential to maintaining a positive atmosphere in the home and keeping our relationships healthy and respectful.

SOME ACCESSIBLE MEANS:



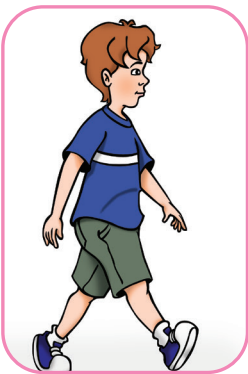
Separate yourself from others for a while



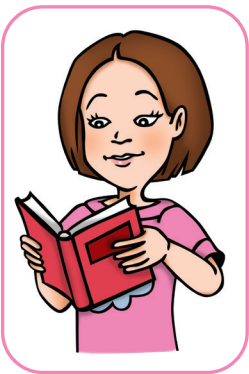
Take deep breaths



Listen to music



Go for a walk near the house



Read a book



Exercise



Seek help from someone you trust

We can also accept the emotions of people around us and help them, if necessary, express their feelings in the right way, in other words, respectfully.

Psst! That would look great on the fridge. **Click here to print.**

What if in the next challenge a colleague told you about something that greatly influences the way you would feel?

About us:

Institut Pacifique is a charity organization devoted to develop, implement and promote expertise in terms of conflict resolution and psychosocial preventive issues in order to build violence free living environments and to support children, youths and adults psychosocial fulfilments.

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