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Workshop presenters share their experience...



Photo by : Nathalie Wan



Lyane Trepanier, Coordinatrice de project "The highlight of working on the DeStress for Success Program is teaching the workshops to bright, enthusiastic teens that are as eager to apply the new concepts presented, as they are to share them with others. It is quite inspiring to see how the word 'stress' changes from being an abstract concept to something that is concrete, identifiable, and personal for each student. I am confident that this increased understanding of what stress is and how to manage stress through self-awareness, will continue to empower these students as they grow into adulthood. This experience has been both fun and enlightening as I have had the privilege of learning more about what really stresses teens in their day to day lives and provide useful tools to manage their stress."



Pierrich Plusquellec, PhD "The DeStress for Success program is interactive. I will always remember the second workshop I gave which took place in the midst of the global financial crisis. I asked the class if they were able to identify stressors they experienced in the previous week. A young girl spoke up and said: "Yes! My dad is very stressed because he is a financial analyst." I asked her to explain to the class, what elements make up her father's stress. "Well, my dad does not have any control of the situation. He cannot predict when the financial market will pick up; his clients call him continuously to tell him that his job is to find solutions, and that they will stop working with him if he doesn't find any. When my dad wakes up in the morning, he never knows if his work day will be a good or bad one as it all depends on the financial market trend, which is totally unpredictable. Also, my dad has never faced a crisis this critical. It is all new to him; he doesn't know what to do, and so he's stressed." I congratulated her as she had just described the 4 elements of stress. Novelty, Unpredictability, Threat to ego, and Sense of little control over the situation. She had been able to, so eloquently, explain the NUTS stress model in front of the class, despite not having ever heard of this model the week before. Going further, I asked if her father did anything to alleviate his stress. She replied, "Yes, he lets out his energy by running." -- The workshop I had given this day was on mobilizing energy from a stressful situation, and the importance of getting rid of the energy in one way or another. This young girl demonstrated that we already know a lot about stress and the ways to cope with stress."



Marie-France Marin, doctorante It is a great experience! The DeStress for Success program is a good opportunity for us, future researchers, to exchange ideas with students and to learn more about the reality of this generation! If we can make the difference for some of them, then we can say that this program is a real success!