



**MY
LOGBOOK**



Name: _____

CAPSULE 1

After watching the video, share an experience from your own life with us. This will help us to have better examples to show in the program.

A time I was stressed but that I **learned** a lot from the experience was:

Don't worry,
you don't have to fill
the entire page for
each capsule.



CAPSULE 2

After watching the video, think of a current or past situation in which you experienced a stress response.

Identify the **signs** that allowed you to determine that you were experiencing or are experiencing stress. Also, think about what you could have done or could do to **use your stress** to your advantage in that situation.

CAPSULE 3

After watching the video, think of a stressful situation ahead. From the **strategies** you learned today, choose two and tell us how you can use them to **transform your stress into fuel**.

Strategy 1:

Strategy 2:

CAPSULE 4

Your turn for one last time! Think of other teens your age and imagine one, who feels overwhelmed by all the stressful situations similar to the ones you're facing this year.

Give an **argument** that might convince them to follow the program. How would it **help** them?

What is most important thing (or things) that you've **learned** in the program that could **help** other people your age?

FOR ALL QUESTIONS:

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