



## Managing Stress and Emotions

On a scale of 1 to 10, how do you generally handle stressful periods in your daily life?

1 2 3 4 5 6 7 8 9 10

I manage **with great difficulty**.

I **easily** manage periods of stress.

In times of stress, we sometimes adopt parental accommodation behaviors towards our teens (to reduce their distress). Which ones can be seen in my own behavior?

What do I think the impact will be on my teenager?

When helping my teenager to manage stress or anxiety, I note in each column what I do well and what I can improve to better support them:

Normalize / Welcome	Avoid / Exposure	Accommodation	Personal health practices

On a scale of 1 to 10, how do you generally handle your emotions in your daily life?

1 2 3 4 5 6 7 8 9 10

I have **great difficulty managing** my emotions.

I **easily** manage my emotions.

How do I feel when faced with my teen's intense emotions? How do I react?	I identify a strategy I'd like to implement to help my teen better manage their emotions (e.g., be a role model, welcome and validate their emotions, help them find ways, etc.).

**I MAKE TIME FOR MYSELF.  
I'VE ADDED TO MY AGENDA CONTINUING THE TEEN CIRCUIT  
WITH THEME NUMBER 5!**

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