



Stress and Emotions Management

As an adult, how do I generally manage my stress on a scale of 1 to 10?

1 2 3 4 5 6 7 8 9 10
I manage stress with **great difficulty**. I **easily** manage periods of stress.

During periods of stress, we sometimes adopt parental accommodation behaviours with our children (to reduce their distress). Which of these behaviours can others observe in me?

In my opinion, what is the impact on my child?

When guiding my child to help him better manage their stress or anxiety, I note what I do well and what I can improve in each column:

Normalize/Welcome	Avoidance/Exposure	Accommodation	Lifestyle

As an adult, how do I generally manage my feelings on a scale of 1 to 10?

1 2 3 4 5 6 7 8 9 10
I manage it with **great difficulty**. I **easily** manage my feelings.

How do I feel when dealing with my child's intense feelings? What are my reactions?	I identify a strategy I wish to implement to help my child better manage their feelings (e.g.: being a role model, welcome their emotions, help them find solutions, etc.).

**I MAKE TIME FOR MYSELF.
I'VE PUT ON MY CALENDAR THE CONTINUATION OF THE
CHILD CIRCUIT WITH THEME NUMBER 8!**