



GENEVIEVE AND YOKO

GENEVIEVE ATTENDS THE QUEBEC GAMES IN RIMOUSKI TO SEE YOKO, A YOUNG LONG JUMP ATHLETE.

GO YOKO! JUMP!

I MAKE LOTS OF MISTAKES!

ARE YOU STRESSED ABOUT THE COMPETITION?

YES

YET YOU WON THE REGIONAL CHAMPIONSHIPS. HOW DID YOU MANAGE YOUR STRESS THERE?

I WORKED HARD WITH MY COACH ON MY SWING!

AWESOME!

BUT NOW I DON'T HAVE ENOUGH TIME TO DO THAT!

DO YOU KNOW OTHER WAYS TO CALM YOURSELF DOWN?

WHEN I LISTEN TO MUSIC, IT CALMS ME DOWN.

GOOD STRATEGY!

YOU COULD ADD A BREATHING EXERCISE.

TAKE DEEP BREATHS IN THROUGH YOUR BELLY AND LET THE AIR OUT SLOWLY.

DO YOU FEEL BETTER NOW?

YES, MUCH BETTER. THANK YOU GENEVIEVE.

LATER, AT THE COMPETITION

WELL DONE YOKO!

WOW!



WHEN YOU HAVE A PROBLEM, THERE ARE DIFFERENT STRATEGIES TO HELP YOU MANAGE YOUR STRESS. SOME OF THESE STRATEGIES WILL HELP YOU SOLVE THE PROBLEM (E.G. STUDYING TO PASS AN EXAM) AND OTHERS WILL HELP YOU RELIEVE STRESS (E.G. LISTENING TO MUSIC).

