

A wide shotpiste on emotions

2022 DRUG AWARENESS WEEK

Alcohol – Cannabis and other substances - Gambling

Quebec.ca/AlcoolDroguesJeu

The first step in learning to manage your emotions well is to recognize them. Emotions and feelings are closely related: emotions are spontaneous reactions (physical, psychological) to a situation, while feelings are a more lasting emotional state that evolves over time. Feelings involve all kinds of emotions and, similarly, emotions can generate feelings.

During this activity, you'll see faces on the screen in a wide shot, with no context. Based on what you see, try to identify the emotion and/or feeling the person is experiencing.

**Is this person
stressed or
focused?**



Stressed

How someone feels inside is hard to guess from a simple photo. The person may be stressed. When you feel stressed, a number of solutions can help you feel better. You can channel your stress through physical or creative activities or dedramatize situations by talking to someone you trust about your emotions.

Food for thought: “What do you think are the best ways to manage stress?”



**Is this person
happy or sad?**



Happy

They could be crying tears of joy or tears of sadness. Joy and sadness are different emotions, but both can be expressed through tears. Tears are a reaction to a wide range of emotions, both positive and negative. Contrary to some persistent stereotypes, crying is a way of experiencing your emotions. And that's okay! Even though you sometimes feel vulnerable when you cry, crying is not a sign of weakness!

Food for thought: "What do you think helps you cope with sadness and gradually feel better?"



**Is this person
feeling fear
or shame?**



Fear

You can't necessarily tell fear or shame by looking at someone. Signs of fear or shame include a racing heart rate and the urge to cry. All emotions, whether happy or painful, are a signal that something is going on. You need to listen and be aware of what may have caused the emotion you're feeling. This helps you recognize what's going on inside you and do the right things to gradually feel better.

Food for thought: "We have all felt fear. How do you think we can overcome our fears or our worries?"



**Does this
person feel
jealous or
angry?**



Anger

Anger is an emotion that's easier to see because it usually involves physical reactions. Jealousy is a more internal experience. Jealousy and anger are emotions that can, however, blend together and look alike. Jealousy can lead to feelings of anger or even injustice. Emotions and feelings are sometimes felt intensely during adolescence. This time of life offers many opportunities to learn how to recognize emotions and channel their intensity using various strategies.

Food for thought: "When you're getting angry, what do you think are the best things to do in the moment and afterwards?"



**Is this person
surprised or
happy?**



Happy

Probably happy. Experiencing intense joy brings a lot of pleasure. During adolescence, many young people like to feel joy and may decide to use alcohol or drugs to increase and prolong feel-good emotions. Using alcohol or drugs can be a positive experience, but it must be done safely. This means learning to identify positive emotions and manage them in a healthy way.

Food for thought: “What activities bring you the most happiness or positive feelings?”



**Is this person
feeling
boredom or
hatred?**



Boredom

How someone feels inside is very hard to guess. When someone experiences a negative emotion, they may tend to choose a strategy that helps them forget or set aside their feelings in order to feel better. Drinking alcohol can make you feel better, but there are other solutions. In the case of boredom, finding a passion such as learning to play a musical instrument or taking up a new sport are healthy ways to take your mind off unpleasant emotions.

Food for thought: “What do you think are the best alternatives to drinking or taking drugs to feel better when you’re going through tough times and help you get through them?”



Help and information resources:

DRUGS: [HELP AND REFERRAL](#)

GAMBLING: [HELP AND REFERRAL](#)

[TEL-JEUNES](#)