**Thank You!**

Our brain is programmed to recognize the dangers, the obstacles, and discomforts. Thanks to our brains, we have survived. However, it takes a little more effort and training to realize that what is good. How, to recognize what is good makes us more joyful, more optimistic, curious, attentive, energetic, determined; it also drives us to support others.

To say THANK YOU means more happiness and satisfaction! And it reduces stress.

Since our brain is a faculty that forgets, here are some tips that can help you remember what’s good.

As you go to bed, instead of counting sheep, think about what you enjoyed during your day. We always find something good (eg, a moonrise, the presence of a friend or cat, a bike ride, mom’s laugh, dad’s good soup).

Write, photograph or illustrate what you liked in your week.

Create a jar of gratitude. Put in there some pieces of paper on which you write something that you liked or which pleased you. At the end of the year, the jar will be full of gratitude... and meaning!

**DON’T FORGET**


- If you need to talk, you can call Jeunesse, J’écoute at 1-800-668-6868, or chat with them at https://kidshelpphone.ca; you can also call Tel-Jeunes at 1-800-263-2266 or text them to 514-600-1002.

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**TAKE ACTION**

**One step at a time to choose your battles**

You can act on what is wrong and be part of the solution. Whatever you do or do not do has an impact, but not on our own with regards to bullying. Everything is interconnected, for example. If you denounce an act of violence, you can expect an escalation of suffering. However, you can suffer less, you can control your anger. Asking for advice can help you overcome obstacles. Try the simple method to solve a problem.

1. Describe the problem.
2. Make a list of possible solutions, even the most bizarre ones (eg, singing when I get bothered, walking 10 kilometers to calm my anger).
3. Consider the pros and cons of each solution, imagine the consequences that each can have.
4. Try one of the solutions and see what happens.
5. Test another one and then another, until it makes a difference!

**A collective creation “One step at a time”**

Invite friends and classmates to participate in a collective creation. Together, you can draw, make a collage or write a gesture that will make a difference (eg, go to the grocery store, say no to bullying, help, collaborate with the student newspaper, say thank you, smile).

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**SOURCES OF INSPIRATION:**

The path is made by walking.
— Antonio Machado

Even if I do not know exactly where I am going or what I want, it is by trial and error that I go forward, that I discover my path. Every mistake is an opportunity to learn indeed.

Set a realistic goal in the short, medium or long term. Here are a few examples:

Short-term: move every day, read one book each month.

Medium-term: to learn to speak Italian, to play a musical instrument, to finish my studies.

Long-term: to become an architect, a woodworker.

Respect your rhythm. Be realistic. Evaluate the time needed to reach your goal.
Divide your goal into several goals, just like “eating an elephant one bite at a time!”

How can you stay focused on your goal? Who can help you? How will you celebrate once you’ve reached it?

Begin! You can always adjust your goal and your schedule along the way.

Check what you did to get closer to your goal every weekend.

ONE STEP AT A TIME TO GET THERE, IT TOTALLY MAKES SENSE!

It’s normal to have bad weeks. Don’t give up. Perseverance is the key to success.

What’s important to me is...

What makes me happy is...

The good I have to offer is...

The people that do me good are...

The people that I do good to...

My skills, my intellectual abilities, my sports skills,
my fields of interest, my abilities to create links are...

I do good...

It’s normal to have bad weeks. Don’t give up.
Perseverance is the key to success.

To welcome everything that happens in us, even that which is unpleasant, and to learn to cope with it, is a step towards well-being.
— Delphine Piperni

To make a new path, you have to be able to go astray.
— Jean Rostand

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Ways to recharge your batteries

Give this card to someone who makes a real difference in your life.