



etrebianssate.ca  
**EXPLORING MEANS SEEING THINGS DIFFERENTLY**

A trip in a hot air balloon can go smoothly under a clear sky. But the weather could bring some turbulence – in the form of rain, winds, thunderstorms, mist, snow – and *create turbulence zones*. To get through them and continue on your trek, you can try different strategies: heat the air further to make the balloon go up, open the valve to make the balloon go down, change direction by following the wind, or something else.

Like a trip on a hot air balloon, the teenage years are filled with turbulence zones: different opinions than those of your family or friends, the learning curve at work, questions about who you are, blossoming friendships or romantic relationships, physical changes, blending in at a new school...

What turbulence zone are you going through right now? Which tools can you use to get through it? This Quiz on Discovery will get you to think of different strategies. For example: knowing your strengths, get interested in others and the world that surrounds you, to share your experiences, acquire new knowledge.

**Directive**

For each question, circle the right answer(s) and answer it or them.

Open the brochure and find out if you were right. Go further by answering the questions.



**10**

**SHARING YOUR EXPERIENCES CAN HELP YOU...**

- A. get through change by having support;
- B. realize that you're not alone;
- C. find solutions.

**9**

**THE MORE CREATIVE YOU ARE...**

- A. the easier you find solutions;
- B. you can adjust your strategies according to the situation;
- C. you have wacky ideas.

**8**

**CHANGE CAN BE A SOURCE OF VALORIZATION.**

- A. No, it always makes you feel self-doubt.
- B. Yes, it can make you discover new qualities.
- C. No, it prevents you from discovering who you are.

**7**

**DISCOVERY THROUGH CHANGE**

The efforts you are making and the means used to make a change are priceless. They are precious sources of learning that will serve you later on, and in different ways. By sharing with others, you discover strategies and solutions that will help you through life's turbulence zones and help ride your balloon with the wind.

**EMOTIONS THAT ARE...**

- A. enjoyable;
- B. hurtful;
- C. both A and B.

**6**

**DOING SOMETHING NEW IS...**

- A. exciting;
- B. frightening;
- C. a bit of both.

**5**

**TO FACE A SITUATION...**

- A. there is only one possible solution;
- B. there can be many solutions;
- C. I can find my own solution.

**1**

**DISCOVERING OURSELVES, DISCOVERING OTHERS, DISCOVERING DIFFERENCES**

**DISCOVERING YOUR STRENGTHS ALLOWS YOU TO...**

- A. to have a positive image of yourself;
- B. to progress;
- C. to be invincible.

**2**

**DISCOVERING OTHERS ALLOWS YOU TO...**

- A. create relations;
- B. find out their weak points to intimidate them;
- C. break down prejudices.

**3**

**THE DIFFERENCE...**

- A. is normal;
- B. must be ignored;
- C. creates discomfort.

**4**

**THE BENEFITS OF CURIOSITY**

Curiosity doesn't mean meddling in people's lives! Just like the balloon elevating in the sky, curiosity makes you discover new horizons – learn other ways of life, live new experiences, discover different points of view, make you take an interest in what's happening around you, transforms your daily life... Those all help you develop your knowledge and abilities.

**CURIOSITY IS...**

- A. a flaw;
- B. a quality that gives sense to your life;
- C. a way to spread rumors.

MOUVEMENT SANTÉ MENTALE QUÉBEC  
Promouvoir. Soutenir. Outiller.

The Mouvement Santé mentale Québec (MSMQ) is a grouping devoted to create, develop and strengthen mental health.

**7 WAYS TO REWIRE YOUR BRAIN**

Work together... to promote mental health

A QUÉBEC-WIDE PRESENCE THROUGH THE MOUVEMENT AND THE REGIONAL MEMBERS:

SMQ – Bas-Saint-Laurent • SMQ – Chaudière-Appalaches • SMQ – Côte-Nord  
SMQ – Haut-Richelieu • SMQ – Lac-Saint-Jean • SMQ – Rive-Sud  
SMQ – Pierre-De Saurel • ACSM – Filiale de Québec • ACSM – Filiale Saguenay  
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WE THANK:

Le ministère de la Santé et des Services sociaux

Défi Santé

fig

ANSWER  
5

**B** and **C**: curiosity makes you discover new solutions. It's possible to try one or many. Choose a situation and take the time, by yourself or with a person of your choice, to find five solutions. They can be serious or amusing.

Which one would you like to try?

\_\_\_\_\_  
\_\_\_\_\_



ANSWER  
6

**C**: You can feel discomfort the first time you try something new. Many tries are usually necessary to reduce stress or anxiety. Novelty requires time and adaptation.

Which new activity would you like to try? (i.e.: going down a river in a canoe, making rap music)

\_\_\_\_\_  
\_\_\_\_\_

ANSWER  
7

**A-B** and **C**: Any change can make you feel a wide range of emotions, either enjoyable, hurtful, and anything in-between. Take the time to discover them little by little and get to know them. You could, for example, feel happy about changing schools, but at the same time, feel scared about not being able to make new friends.

Name one recent change that made you feel two different emotions:

\_\_\_\_\_  
\_\_\_\_\_

ANSWER  
8

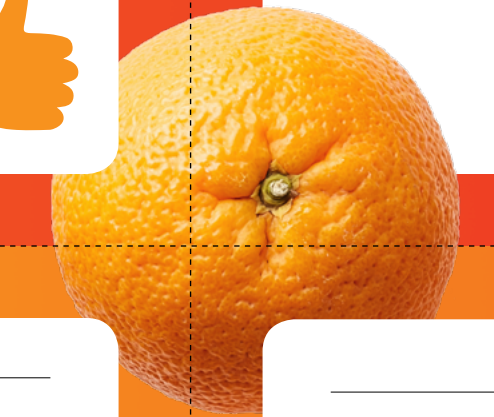
**B**: By starting something new or by suffering through a loss, it's possible for you to discover a hidden talent or strength!

Trying something new can also open the door to acknowledgements from your peers, to encouraging words and compliments.



ANSWER  
9

**A-B** and **C**: Change can put pressure on you and make you question your habits. Adjusting your strategies can help make a situation more tolerable, or reduce the stress it has provoked and makes you use your creativity to help you face change. Even the wackiest ideas can inspire solutions.



ANSWER  
10

**A-B** and **C**: They're all good answers. Sharing is an important strategy to help you get through a *turbulence zone*. By confiding and by sharing with people that have lived a similar situation to yours, you not only realize that you're not alone, but the experiences of others can inspire you.

Have you ever confided in someone? If so, was it helpful? How so?

\_\_\_\_\_  
\_\_\_\_\_



DID YOU KNOW?

Mental health is an essential component of our overall health. It represents a *dynamic balance* between the various aspects of our life: social, physical, economical, spiritual, emotional and mental. Mental fitness helps us take action, live up to our potential, cope with day-to-day difficulties and engage in our community. It is influenced by our living conditions and by the dominant values in our society, as well as our own individual ones. Being mentally healthy allows us to enjoy life.



FOR MORE DETAILS

Cartons des stratégies d'adaptation.  
DUFOUR Geneviève et Sandra MORIN,  
psychopédagogues. Québec,  
Éditions Midi Tendre.



ANSWER  
4

**B**: Since childhood, curiosity is the motor that drove you to become what you became. It forces you to discover, discover a world full of possibilities, to take actions that matter to you. It can make your life more interesting and satisfying.



What have you discovered lately?  
What did you learn about yourself  
through that discovery?

ANSWER  
3

**A** and **C**: We are all different from one another: the color of our eyes or skin, culture, personality, opinions on events, passions and others. Some differences are visible, while others are hidden. Those differences make for richer relationships. But it's also normal to feel discomfort in front of the unknown. You can then ask questions to better understand the reality of others, respect them and make them your allies.

ANSWER  
2

**A** and **C**: Daring to learn about someone else, their story, origins and strengths allows to go beyond appearances. Look at the balloon hiding behind an orange on the cover. It shows that by going above appearances, we can discover a new reality.

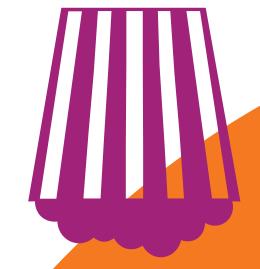
Have you ever wondered what was hiding inside a person you met for the first time?  
Did your first impression change after you learned about the person?  
Please, do share.

ANSWER  
1

**A** and **B**: We feel surprisingly better when we know our strengths! It helps you get over obstacles, makes you bolder, allows you to express your emotions and say what you think. It will give you confidence and allows you to understand your worth. Don't forget we all have weak points. If you make a mistake, it's not the end of the world, you're learning! It will be an experience on which you can count. No need to be Superman or Wonder Woman in life!

Write down five of your forces:

\_\_\_\_\_  
\_\_\_\_\_



Discover the videos related to the quiz at the Mouvement's YouTube page.  
[youtube.com/user/ACSMQC/videos](https://www.youtube.com/user/ACSMQC/videos)

DISCOVER THE RESOURCES AVAILABLE TO YOU

Online: Kids Help Phone (kidshelpline.ca/ or 1-800-668-6868), Tel-Jeune (teljeunes.com or 1-800-263-2266)  
At school: psychologist, guidance counselor.  
In your neighborhood: Maison des jeunes, social worker or a CLSC nurse.