How to fold your fortune teller:

video tutorial

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"FOSTER RELATIONSHIPS" Mini-Quiz

MULTIPLE CHOICE

When you have positive interactions, your body releases...

1) melatonin.
2) dopamine.
3) cortisol.

Answer: 2) dopamine.

Take it further: Dopamine, sometimes called the "happiness chemical," is related to pleasure and motivation. Positive social interactions (a smile, kind messages, recognition) can activate our brains' reward system and release dopamine.

Another hormone can also be involved when we have positive interactions: oxytocin, sometimes associated with connections and trust. This hormone plays a role in our feelings of connection with

Questions for reflection:

- What helps you feel good when you're with other people?

MULTIPLE CHOICE

Being authentic means...

1) conforming to others' expectations.
2) letting yourself be influenced by others.
3) being yourself.

Answer: 3) being yourself..

Take it further: Being authentic means feeling connected to the "real you" and acting in alignment with what you think, feel and value. When you know yourself well, you're less likely to contort yourself to fit others' expectations, and more likely to feel satisfied with your life.

Questions for reflection:

- In which relationships do you feel the most yourself?
- In which situations do you struggle to remain yourself?
- Do you sometimes change yourself based on the context you're in?
- What helps you remain loyal to yourself?

“FOSTER RELATIONSHIPS” Mini-Quiz

MULTIPLE CHOICE

Empathy means...

1) giving advice.
2) putting yourself in someone else’s shoes.
3) agreeing with someone else.

Answer: 2) putting yourself in someone else’s shoes.

Take it further: Empathy means being able to understand other peoples’ emotions and needs, without necessarily experiencing or feeling the same thing. It’s knowing how to put yourself in someone else’s shoes. Don’t hesitate to share what you understood from them to check that

Questions for reflection:

- What helps you understand what other people are feeling?
- What do you do when someone around you is sad or stressed out

TRUE OR FALSE

You need to have a lot of friends to feel good.

Answer: False. A few good relationships can be enough to support your well-being.

Take it further: What counts the most for your well-being is not the number of people in your life, but the quality of your connections. Do you feel heard and respected? Can you count on someone when you need help? If you’re leaning towards “no”, this might explain why you might feel lonely even when you have people in your life.

Questions for reflection:

- What helps you feel close to someone?
- Would you rather have many acquaintances in your life or just a few close relationships? Why?
- Who can you really count on? (you can name one person or multiple people)

"FOSTER RELATIONSHIPS" Mini-Quiz

MULTIPLE CHOICE

Feeling like you're a member of a group suggests a feeling of ...

1) belonging.
2) conformity.
3) uniformity.

Answer: 1) belonging

Take it further: A feeling of belonging suggests that you feel accepted, supported and understood by others. These connections bring you security, support and a feeling of solidarity. When you feel important to other people and they to you, your feelings of belonging are likely to grow stronger.

Questions for reflection:

- What do others do or say that helps you feel like you belong in that group?
- What do you do when you don't feel good in a group?
- What do you do to help others feel included in a group?

MULTIPLE CHOICE

_____ attachment means that you have trust in your relationships.

1) Secure
2) Avoidant
3) Anxious

Answer: 1) Secure

Take it further: Secure attachment develops when someone grows up in a stable and caring environment. However, attachment styles can evolve over the course of our lives if we have positive, supportive and healing relationships.

Questions for reflection:

- What helps you feel trust in others?
- How do you show other people that they can count on you?

“FOSTER RELATIONSHIPS” Mini-Quiz

MULTIPLE CHOICE

Which of the following supports a longer life?

1) Satisfying relationships.
2) Money.
3) Genetics.

Answer: 1) Satisfying relationships.

Take it further: The quality of your relationships is one of the factors most closely linked to life expectancy and... happiness! Conversely, unwanted solitude and isolation can have negative effects on well-being.

Questions for reflection:

- What do you consider to be the signs of a “good relationship”?

TRUE OR FALSE

Online interactions have fewer impacts on us than interactions with other people that take place offline.

Answer: False. The effects of online interactions can be just as significant.

Take it further: The internet isn’t another dimension: it’s a space where we create connections and interact with others. Even though you might not immediately feel the impacts of online interactions, they can be positive (support, inclusion, feeling valued) or negative (aggressivity, disrespect, rejection), just like your in-person relationships.

Questions for reflection:

- What is different about online interactions versus in-person ones?
- What are some online interactions that feel good to you? Which feel less good?
- How do you feel after spending time on social media?