



Presentation guide

Personal development and monthly get-together

This guide is intended for people in the Coaticook MRC who wish to offer information and/or personal development workshops on various topics pertaining to mental health and self-development. Workshops are available to community organizations and to businesses, directly in their workplaces. L'Éveil RCSM is updating its awareness-raising program for residents of the MRC.

How it works:

-The workshops vary in length according to specific needs.

Personal development: These workshops are designed to inform, develop greater self-awareness, and share information on mental health. They encourage personal development in a group context.

-Monthly get-together: These workshops are designed to provide information and training on various topics related to mental health and mental health issues.

Group workshops are beneficial in that they enable participants to develop interpersonal relationships, experience the joy of being with others, and progress at their own pace, while also benefiting from the contributions of the group. They are an opportunity for introspection and for demystifying mental health concepts.

The relationships between participants, the workshop contents and the group all encourage conversation, sharing and awareness that are conducive to self-improvement.

**Contact us at any time to make an appointment
at 819-849-3003 or direction@eveilcoaticook.ca**

Following is a list of possible topics along with a brief description.

Personal development:

Assertiveness: Assertiveness training is a very useful approach for many people, on a personal, social and professional level. Find out what you can do to assert yourself more easily.

Autonomy: Autonomy is sometimes defined as the absence of dependence. However, there is an important distinction to be made. Autonomy can't be taught—it has to be lived. Autonomy is first and foremost a matter of identity and a personal project.

Basic needs: Basic needs must be met. Otherwise, the flow of life (defined by vital needs) can be obstructed, or individual development (represented by the person's social and psychological needs) may be hampered.

Change: Well-established lifestyle habits help us foresee how things will unfold and provide a sense of security. Conversely, resisting change increases stress and, in the long run, our body can end up paying the price.

Communication: Communication can take many forms, from a child's crying and screams to words, gestures and facial expressions, as well as non-verbal elements that complement what we say. Regardless of which communication form we use, communication is key to meeting our fundamental needs.

Self-confidence: Self-confidence is something that we can develop at any time in our lives. It is acquired by accumulating a wide range of experiences and developing skills in various areas of our lives.

Anger: Anger is a normal and unavoidable emotion. By taking a little time to understand the reasons behind anger, and with a few practical tools, you'll learn to express your feelings in a way that's in tune with who you are now.

Self-concept: Our self-concept develops shortly after birth. Even if individual circumstances have not fostered a good self-concept, it can be improved by taking a few specific steps.

Personal development (continued):

Guilt: Guilt is an emotion that leads us to dwell, in the present moment, on past behaviour of which we are not very proud. It prevents us from living in the present and can lead us to avoid taking initiative.

Grief: The term “grief” is not only linked to mourning a loved one, but can also be associated with grieving for something. Whatever the circumstances, grief is an indicator that a change has taken place.

Emotional dependence: Every person, at every age, has emotional needs, and if these needs are not met, they can fall into depression.

Emotions: Emotions are not something to be feared. Even those considered negative can have a positive impact on our lives. Demystifying the world of emotions and learning to navigate them are key to our emotional well-being.

Assertiveness: Self-esteem plays an important role in our well-being. If we have a positive image, we will be able to meet our life challenges. If, on the contrary, we have a deficient image, our attitude toward life will become increasingly negative.

Emotional intelligence (EQ): Developing emotional intelligence means becoming increasingly aware of our emotions. This enables us to maintain self-control in all circumstances and maximize our chances of succeeding in life.

Isolation: Isolation manifests as a lack of communication with family and friends. This lack of social relationships is a result of significant physical or psychological differences and a lack of common ground with the people around us.

Letting go: Letting go means relinquishing our grasp on whatever is ruining our life; accepting that we have limits; and looking at the situation from a fresh perspective. Unfortunately, the expressions “letting go” and “giving up” are frequently confused.

Defence mechanisms: A defense mechanism is an unconscious means of survival used by the psyche to protect itself from the emergence of unpleasant emotions.

Patterns: When the same defense mechanisms are repeated, this creates patterns, and our basic needs go unmet as a result. Patterns arise from events and people that trigger unpleasant emotions in us.

Personal development (continued):

Protective mechanisms: Protective mechanisms are conscious means that individuals choose in order to protect themselves against psychological suffering and to help meet basic psychological needs (love, security, being heard, recognition, affirmation, freedom and creativity).

Perceptions: It's important to be aware of the things that influence our perceptions, because they have an impact on our lives. They shape our actions and reactions in various situations, as well as our decision-making.

Social relationships: Placing importance on developing good social relationships and getting socially involved will influence the quality of our social network. This, in turn, will have a positive impact and contribute to good mental health.

Stress: Life today moves at a breakneck pace. Stress is lurking around every corner, demanding greater adaptiveness. To stay in balance, it's vital to learn how to cope with stress more effectively.

Limits and boundaries: When we lose agency over our boundaries, we allow ourselves to be invaded. Conversely, developing the ability to set limits becomes an effective means of protection in order to preserve our integrity.

Sleep problems: Sleep is important for resting our minds and bodies. A good night's sleep allows the muscles to relax and the body to release accumulated tension. Conversely, poor sleep can have consequences.

Values and prejudices: It is crucial to be aware of what matters to us, so that we can live our lives to the fullest. Acknowledging and identifying a value system helps guide human beings in their decisions and actions.

Monthly get-together (the above topics may also be addressed). These monthly gatherings consist of informative/educational workshops.

Mental health and mental illness: Definition of mental illness and the main categories. Description of certain concepts to demystify mental health.

Stress and anxiety: Two major issues in today's society, particularly in the workplace. We address these notions in order to better understand, navigate and cope with them. Together, we look at the difference between the two, and distinguish between what is normal and what is not.

Bullying: Bullying consists of one or more acts committed against an individual by the same person or group over a given period of time. These actions are intentional and demonstrate an imbalance of power between the bully (or bullies) and the victim.

Work and mental health: Workplaces can be seen as stressful in terms of the workload and competition involved, given our need to perform. An employee going through a rough patch is likely to be absent for a variety of reasons, less productive than usual, and more likely to make serious mistakes.

Sleep issues: Sleep issues affect children, adults and the elderly in our society. They are also debilitating in certain situations and can have a major impact on your life. Sleep issues are very common among people with mental health problems.

Food issues: Food is a social, family and cultural practice that enables people to integrate into their family and social environment. The topics addressed include anorexia, bulimia and various other disorders.

Disorders diagnosed in childhood: Certain disorders will be briefly described, including Pervasive Developmental Disorder (PDD), Oppositional Defiant Disorder, Conduct Disorder, Tourette Syndrome and Separation Anxiety.

Hoarding: Among other things, we talk about the difference between trivial and problematic hoarding. We examine the causes, as well as some possible solutions.

Seasonal affective disorder: Seasonal affective disorder or SAD is a form of depression linked to the amount of light people are exposed to. This disorder is an extreme form of "winter blues." For most people, SAD intensifies in the fall or winter.

Monthly get-together (continued):

Burnout or depression: Burnout is a state of fatigue or inability to function normally at work or in everyday life. Depression, for its part, is a mood disorder characterized by prolonged sadness and fatigue.

Addiction: The addictions described here are due to different factors that may be present in the individual. Each addiction (alcohol, drugs, gambling and medication) is defined and described, along with its causes.

Emotional dependence: People suffering from emotional dependence may have difficulty meeting their needs and desires. A person in a loving relationship who is emotionally dependent will be passionate and make the couple the focus of all their attention. The individual forgets themselves and accepts everything, in spite of their values and beliefs.

Personality disorders: A personality disorder is a way of being, doing things, and perceiving that is rigid and maladaptive. The issues covered include borderline personality disorder, paranoid personality and many others.

Psychological distress: Psychological distress, often associated with mental health issues, can be experienced by anyone, at any time. It may be connected to accumulated stress or especially difficult events.

Suicide prevention: Although suicide is an individual act, it falls under a wider context of interactions between the individual, their immediate community and society at large. A person's quality of life, social network, and available resources when they need help all have an influence on their distress.

Bipolar disorder: Bipolar disorder is a mood issue. It consists of mood swings with no apparent cause. The mood changes are not proportional to events.

Attention deficit disorder, with or without hyperactivity: Attention deficit disorder affects 5% to 10% of the population. There is no cure for ADHD. Some symptoms may improve with age, but 50% of those diagnosed still have significant, disabling symptoms in adulthood.

Anxiety issues: At one time or another, we may feel anxious or tense when faced with situations that are sources of stress for us. Anxiety is the body's biological response to danger or a stressful situation. Anxiety issues include specific phobias, panic disorders, social phobia, agoraphobia and generalized anxiety disorder.