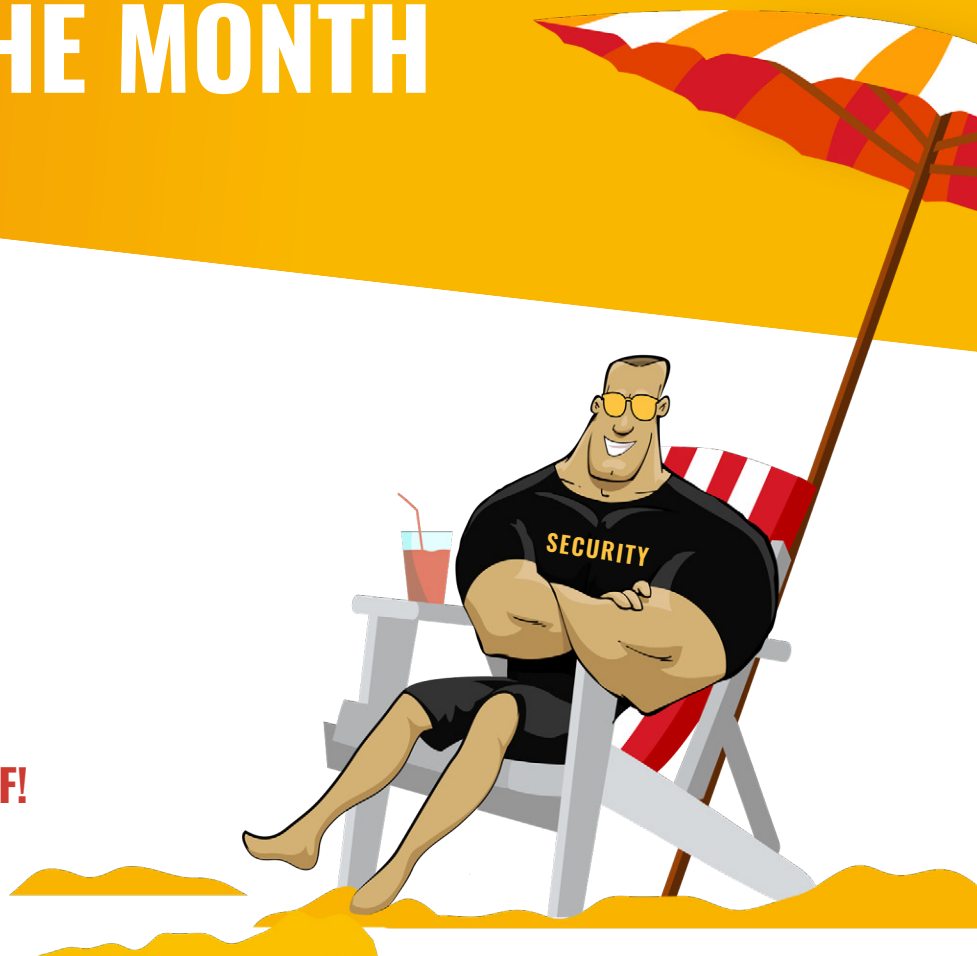


THEME OF THE MONTH

DON'T PANIC!

LEARN TO CALM YOUR STRESS WITH GROUPE KARATÉ SPORTIF!



This month's words of the week:

WEEK 1 Stress: your bodyguard



WEEK 2 Thinking logically



WEEK 3 View situations as a challenge



WEEK 4 Releasing stress



THEME OF THE MONTH

WEEK 1



DON'T PANIC!

Word of the week:

Stress: your bodyguard

EXPLANATION

Several students come to Groupe Karaté Sportif to learn how to defend themselves against danger. They are taught that one of their best allies is one of their emotions: stress!

Stress is like your own **personal bodyguard** except that no one can see it because **he's inside you!**

His job is to make sure that you are safe. He wants to protect you from situations that could put you in danger. In fact, it is what has allowed human beings to survive for millions of years.

When your bodyguard detects danger, this can trigger a series of reactions within you:

- all your attention is directed towards the possible danger
- your ears, your eyes and your senses are alert and on the lookout for any signs of danger
- your heart beats faster to send energy into your body and muscles

All this energy is deployed in your body to save you or to attack. Impressive huh?

So this month at Groupe Karaté Sportif, we are going to talk about stress and your bodyguard. We invite you to look at this poster to learn more about him.

Stress: your **BODYGUARD**



Stress is your own bodyguard inside of you. He wants to protect you from all possible dangers. It is therefore important for human beings.

Getting to know your bodyguard better will help you recognize your emotions when you feel stressed and how to cope with them!

ADVANTAGES

Can identify risks and dangers

Warning signs you that your safety could be jeopardize

Prepares the body to freeze, flee or attack

Stimulates the 6 senses of the human being: hearing, vision, taste, touch, smell, proprioception.

Very good memory of stressful events

DISADVANTAGES

Imagine the worst case scenario

Avoid new and unexpected situations where he does not feel in control or competent.

Does not know what else to do when faced with a stressful situation.

Can have exaggerated reactions because of this.

Seeks to escape from situations that feel stressful.

THEME OF THE MONTH

WEEK 2



DON'T PANIC!

Word of the week:

Thinking logically

EXPLANATION

What is logical thinking? Let me explain!

If you **hear a little noise in your room at night**, a logical thought would be to think that it is surely your cat who dropped an object or that it's the floor that cracks. It's an explanation that makes sense.

Do you remember your bodyguard the stress? Well he can't think like that. He always **imagines the worst case scenario, just like in the movies**: for example the noise in your room could be a thief coming to attack you or it could be that your house is collapsing. Your bodyguard has a very big imagination and just like in action movies, he imagines dangers even when there is none!

You, however, have the ability to have logical thoughts even when you are in a stressful situation. And I would love if you could **teach your bodyguard to have logical thoughts as well**.

To do this, you will teach him to ask himself **3 questions**:

- **Is MY SAFETY really in danger right now?**

Just like in the example of the noise in your room, we cannot say that you were really in danger as (there was no thief in front of you for example).

- **Could I change my perception and think MORE REALISTICALLY and less like in the movies?**

Yes, the noise in your room is probably that your mother closed the bathroom door and it echoed in your room.

- **If I could see the situation as a CHALLENGE, what would happen?**

Maybe you could go on a mission and find out the real source of the noise. That could be fun!

This week, can I count on you teach your bodyguard these questions?

I teach my bodyguard (stress) to have **LOGICAL THINKING!**



To do this, I ask him to ask himself 3 questions when he is stressed:

1. Is **MY SAFETY** really in danger right now?

2. Could I change my perception and think **MORE REALISTICALLY** and less like in the movies?

3. If I could see the situation as a **CHALLENGE TO BE FIXED**, what would happen?

Tip: Learning to see stressful situations as challenges can help you find solutions and even have fun!



THEME OF THE MONTH

WEEK 3



DON'T PANIC!

Word of the week:

View situations as a challenge

EXPLANATION

It is said that a right amount of stress is needed to meet challenges. Karatekas like you know this well: when you have a belt graduation to pass, you can feel your stress pushing you to be at your best. However have you noticed that sometimes, if you are feeling too stressed, it also prevents you from being at your best?

Take a look at my poster: you can see like a mountain. When you are on this side of the mountain, your bodyguard helps you view the situation as a challenge. Even if the challenge is not easy, you are **motivated** to tackle it and you can **find ways** to accomplish it.

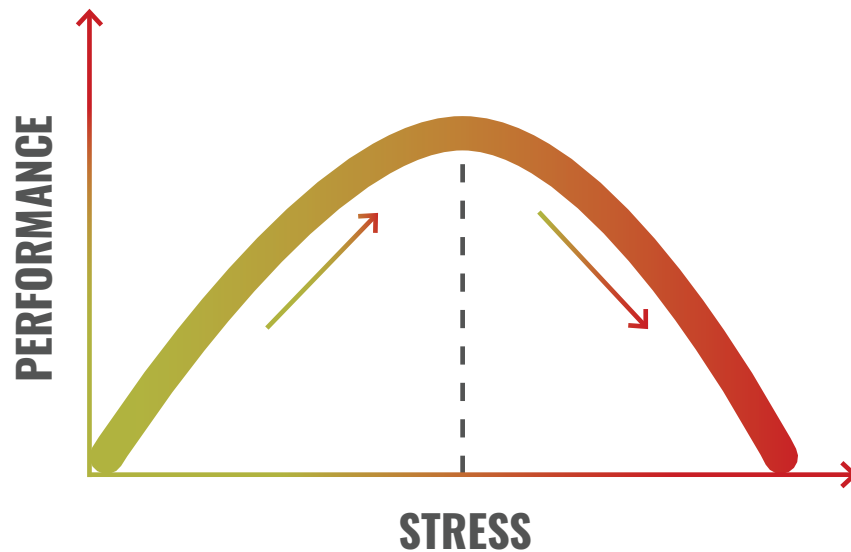
But when you find yourself on the other side of the mountain, your bodyguard perceives the situation as a **danger**, something you have to **escape** from. That is when your **reactions** can become more **intense** (getting angry, crying or hit).

So when you feel stressed, try to see the situation as a challenge rather than a situation you need to save yourself from. This will help you feel confident and find solutions!

CHALLENGE or DANGER?

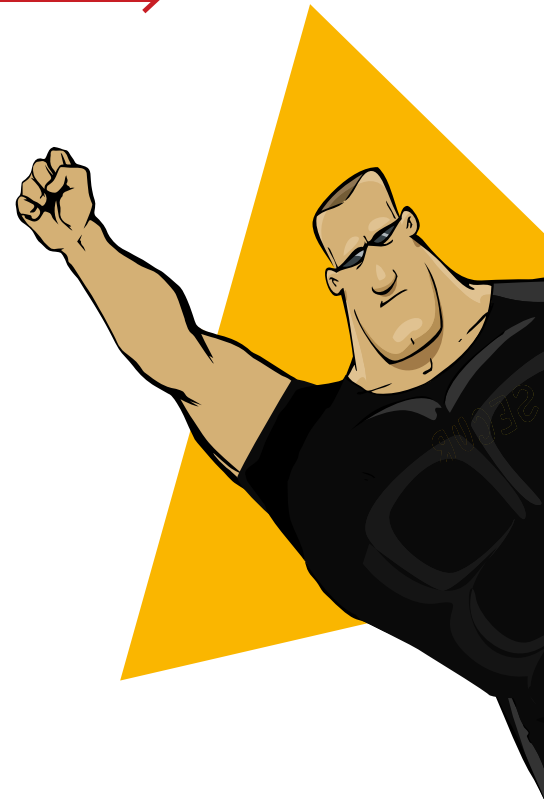


When I perceive a stressful situation as a challenge, my bodyguard understands that I am not in danger. He can calm down and help me deal with the situation.



Here are some sentences you can practice to view the stressful situation as a **CHALLENGE**:

- I am able to succeed!
- I have been in a similar situation before.
- I can find solutions to what is stressing me out.
- One step at a time, I can do it!
- It's stressful but I'm not in danger.



THEME OF THE MONTH

WEEK

4



DON'T PANIC!

Word of the week:

Releasing stress

EXPLANATION

Do you remember that when your bodyguard detects danger, he may trigger a whole set of reactions in your body? That energy, if you don't use it to save yourself from a grizzly bear, gets stuck inside your body! You may feel like a tornado or like a volcano ready to explode.

So I am going to teach you an exercise to release stress. When your bodyguard gets too intense, you can do it with him.

Lie on your back with your eyes closed. When I say "contract", tighten your muscles.

- **Shrug your shoulders as if you could touch your ears.**
Contract for 1-2-3 and then release.
- **Clench your fists and arms:** contract for 1-2-3 and then release.
- **Strengthen your stomach muscles, as if you were doing sit-ups:**
contract for 1-2-3 and then release.
- **Tighten your buttocks and leg muscles:**
contract for 1-2-3 and then release.
- **Push back on your heels and pull your toes up to the sky:**
contract for 1-2-3 and then release.
- **Finally finish by contracting your whole body:**
contract for 1-2-3 and then release.
You can open your eyes and sit up: how do you feel?

I am giving you a poster to remind you of this exercise and other exercises you can use. You also receive today the monthly table: I invite you to complete it and bring it back to me next week to get your developmental ribbon.

Ideas for RELEASING STRESS!



CONTRACT AND RELAX YOUR MUSCLES

Contract each muscle in your body for 5 seconds and then relax. Start with your head, shoulders, arms, stomach, buttocks, legs and then your feet.

PRACTICE YOUR FAVORITE KATA!

Put all your intensity into it!

LISTEN TO A SONG YOU LIKE:

Cut loose: sing and dance as you like!

PLAY WITH YOUR PET:

It's time to run and have fun!

BREATHE IN AND OUT:

- Breathe in the air through your nose
- Hold your breath for a few seconds
- Exhale
- Hold your breath for a few seconds
- Repeat 2 times

CREATE YOUR OWN INTENSIVE WORKOUT!

Here is an example:

- 10 jumping jacks
- 10 kicks
- 10 jabs-cross
- 5 frog-jumps
- 5 push-ups
- and do it again!



THEME OF THE MONTH

5 useful tips
for parents

DON'T PANIC!

Supporting your child when he is stressed can sometimes be a challenge. This type of situation can bring its share of emotions to the parent: he or she can become stressed, exasperated and feel helpless. In our words of the week, we call stress "the bodyguard". The idea is to get the child to separate himself from this emotion. This position allows the child to reclaim their power.

Here are **5 USEFUL TIPS** to accompany your child when he is stressed:

1. Instead of talking about your child's difficulties in dealing with stress, talk about the bodyguard's difficulties in calming down. This allows you to team up together to talk about stress.
2. You can say, for example "When you tell me about your oral presentation, you say that you are going to forget what you have to say and that everyone will laugh at you. Could it be that your bodyguard is overreacting? It sounds like he is making you think of the worst case scenario, just like in the movies."
3. Use the 3 questions (Word of the week 2) to help your child have a less catastrophic view of the the stressful situation. Accompany them to reflect on the questions and get to a more accurate perception of reality.
4. Refer to the stress curve (Word of the week 3) to help your child identify the level of intensity of his stress. You can then encourage your child to see the situation as a challenge.
5. Stress is an energy that builds up inside the child and can lead to temper tantrums, among other things. Do a small activity for a few minutes with your child to release this tension is often beneficial. When the intensity of the stress decreases, the brain is once again available to think clearly.

Student name: _____

Belt: _____

Date: _____

THIS MONTH'S THEME: DON'T PANIC!

Checklist for temper your bodyguard: stress!

This table allows your child to regularly practice the tools to master stress.

Self-assessment by the child

Each time you use the tools in the table, put a checkmark. ✓

	MON	TUE	WED	THU	FRI	SAT	SUN
1. I learn to identify and recognize the signs in my body that my bodyguard is stressed: all my attention is about danger, my senses are on alert, my heart is beating fast.							
2. I identify the signs within me that tell me that my bodyguard is stressed: I imagine the worst case scenario in the situation, I overreact, I want to avoid the situation.							
3. When my bodyguard is too stressed, I help him think logically by asking the 3 questions.							
4. When my bodyguard is stressed, I look at where he is on the stress curve.							
5. I tell myself words that help me see the stressful situation as a challenge.							
6. My bodyguard may feel like a tornado or a volcano ready to explode: I practice being aware of this.							
7. I use an exercise to release stress in my body.							

Comments:

Parent's signature: _____

Teacher's signature: _____

DON'T GIVE UP! YOU CAN DO THIS!

Designed and written by Groupe Karaté Sportif, in collaboration with Isabelle Verret, psychologist and Studio Grif, infographics.

All production, translation and adaptation rights are reserved. No part of this book may be reproduced, taped or broadcasted, in part or as a whole by any means including electronic, mechanical, photographic, wave or any other form, without the prior written permission of the copyright owner.

© Groupe Karaté Sportif, 2023.

