

L'échelle de mon bien-être

JE ME SENS BIEN

JE ME SENS MOYEN

JE ME SENS MAL



1. Tout va bien. C'est une très belle journée.

Corps : détendu
Émotion : joie
Envies : sauter, jouer, rire, danser



2. Je peux être distrait.e par moment par des émotions désagréables et je reste de bonne humeur.

Corps : détendu
Émotion : joie, par moment tristesse et peur
Envies : sauter, jouer, rire, parfois se mettre en retrait



3. Il y a des petites choses qui m'embêtent régulièrement mais je sais me changer les idées.

Corps : détendu, un peu de contraction, légers maux de tête ou de ventre
Émotion : joie, des moments plus ou moins longs de peur et de tristesse
Envies : jouer, rire, parfois s'isoler ou pleurer



4. Aujourd'hui n'est pas une très bonne journée. J'arrive à faire face mais c'est difficile.

Corps : détendu, de la contraction dans les épaules, les mâchoires et la nuque, quelques maux de tête ou de ventre
Émotion : joie, peur, tristesse mêlées avec des peurs parfois intenses
Envies : jouer, rire, et de manière fréquente s'isoler, abandonner ou pleurer



5. Mes soucis commencent à m'empêcher de faire certaines choses. Des choses faciles deviennent difficiles.

Corps : difficulté à se détendre, contractions dans les épaules, les mâchoires et la nuque, quelques maux de tête ou de ventre
Émotion : joie teintée de tristesse et de peur
Envies : difficulté à se laisser aller et jouer, envie de rester à la maison



6. J'évite beaucoup de choses et de personnes. Les choses que j'aime n'ont plus autant de goût.

Corps : difficulté à se détendre, contractions dans les épaules, les mâchoires et la nuque, maux de tête fréquents, estomac noué
Émotion : perte de la joie, souvent de la tristesse et de peur
Envies : difficulté à se motiver pour faire des choses pourtant agréables



7. J'ai du mal à dormir, je perds l'appétit, je m'amuse moins, je n'arrive pas à me concentrer.

Corps : impression d'immobilité, difficulté à bouger, respiration parfois bloquée
Émotion : perte de la joie, souvent de la tristesse et de la peur incontrôlables
Envies : pleurer très souvent, éviter autant de situations et de personnes (même appréciées) que possible



8. J'ai tout le temps envie de pleurer et je n'arrive à rien faire.

Corps : sensation d'emmurement dans le corps, le corps ne répond plus
Émotion : panique, détresse, abattement
Envies : éviter toutes les situations et personnes (même appréciées)



9. Je n'ai plus aucun espoir pour l'avenir. Je ne peux plus rien faire.

Corps : le corps est comme bloqué et totalement dérégulé (perte de sommeil, d'appétit...)
Émotion : terreur, désespoir
Envies : mourir

Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions

SJ Ball



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Table of Contents Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions

1. Understanding the eBook Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - The Rise of Digital Reading Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Advantages of eBooks Over Traditional Books
2. Identifying Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - User-Friendly Interface
4. Exploring eBook Recommendations from Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Personalized Recommendations
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions User Reviews and Ratings
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions and Bestseller Lists
5. Accessing Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions Free and Paid eBooks
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions Public Domain eBooks
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions eBook Subscription Services
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions Budget-Friendly Options

6. Navigating Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions eBook Formats
 - ePub, PDF, MOBI, and More
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions Compatibility with Devices
 - Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Highlighting and Note-Taking Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Interactive Elements Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
8. Staying Engaged with Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
9. Balancing eBooks and Physical Books Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Setting Reading Goals Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Fact-Checking eBook Content of Le Bienecircetre De Mon Enfant Gestion Des Eacutemotions
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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