

Gathering happy moments

Unit 9 – REFLEXION AND COPING

Remembering moments of happiness can do a great bit to **reduce stress** and avoid a crisis.

Invite your clients to gather happy moments of their life. So, they have something to remember in case of a crisis.

Exercise:

- Make it a **daily routine**, to think about your day and the **happy moments you had**.
- Think about a **tag** for this moment and write it down on a slip. You can also draw a small picture or a symbol.
- Put the slip in a jar or a box.
- So, you can gather different happy moments.
- If you are stressed or down and out, take one of the slips and remember the happy moment.

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