



HOW TO MAINTAIN HEALTH + WELLBEING THROUGH CONFLICT

A MASTERCLASS FACILITATION GUIDE FROM THE SULLIVAN FOUNDATION

SESSION DESCRIPTION

Despite the chaos of this unprecedented time, we still have a choice in how we show up, how we respond, and how we take care of ourselves.

During this video, you will explore a few stress-reducing, resilient boosting tools.

In this Ignite Masterclass filmed on September 29, 2020, entrepreneur and educator **Tessa Zimmerman**, founder of Asset Education (asset-edu.org), will guide you through two frameworks that will allow you to build your own “toolbox” of strategies you can use in your daily lives to stay and be well.

KEY TAKEAWAYS

- No one is alone in experiencing fear & anxiety
- The first step toward mental health is awareness
- Our worries dissipate when we engage with them

RESOURCES | LINKS

- [Masterclass Replay](#)



HOW TO MAINTAIN HEALTH + WELLBEING THROUGH CONFLICT

A MASTERCLASS FACILITATION GUIDE FROM THE SULLIVAN FOUNDATION

FACILITATION GUIDE | 75 MINUTE CLASS



Watch Masterclass Video Replay | 20 mins

- [View replay here](#)



Reflect on Masterclass Replay | 5 mins

Invite students to individually reflect (on paper or their laptop) on the Masterclass replay they just watched - feel free to use these questions as prompts:

- What idea(s) stuck out to you?
- What did the video make you curious about?
- What did you agree with and/or disagree with?
- How might the ideas presented apply to your life or relationships?



Share Reflections with the Class | 10 mins

Ask students to share one of their reflections they wrote down with the class. If virtually, invite them to share responses in the chat or in a virtual environment like Google JamBoard.

After a few share, drill down deeper into a few of the shares. If virtually, call out students by name who shared interesting reflections in the chat to come off mute and share with the group.



HOW TO MAINTAIN HEALTH + WELLBEING THROUGH CONFLICT

A MASTERCLASS FACILITATION GUIDE FROM THE SULLIVAN FOUNDATION



What's Going on in Your Head? | 15 mins

The first step to mental health and wellbeing is understanding the story you're telling yourself. Author Chris McAlister tells us we often worry about two primary things:

1. **Do they like me?** (am I accepted?)
2. **Am I doing a good job?** (am I performing?)

Invite students to reflect on those two questions and share moments they've experienced fear or anxiety as a result.

Then invite them to vocally share their reflections or, if running a virtual session, they can share in the chat.

Remind them the first step toward working with anxiety is bringing awareness to the unconscious, fearful stories we tell ourselves and believe.



Dancing With Your Worries | 20 mins

The purpose of bringing awareness to the questions above isn't to shut down our internal dialogue, but to learn to accept how we feel and interact with anxiety in a new way.

Say: "Our thoughts become things. What we tell ourselves becomes reality. But the good news is our behaviors shape our beliefs. Once we bring awareness to thoughts that knock us off course we can install new behaviors to help us form a different story."

Invite students to consider something that once caused them to feel anxiety, but no longer does. Ask them why. Call out moments their anxiety dissipated because they engaged with it and realized they no longer had anything to worry about



HOW TO MAINTAIN HEALTH + WELLBEING THROUGH CONFLICT

A MASTERCLASS FACILITATION GUIDE FROM THE SULLIVAN FOUNDATION



Dancing With Your Worries | continued

In small groups, invite students to discuss something in their life currently affecting their mental health & wellbeing and ask them to brainstorm a way to dance with it - reminding them reps in real life is the way to diminish our fears.

Some examples of ways to dance with worries:

- Open up to a friend, professor, family member or counselor
- Take an online course in a skill in which they feel deficient
- Sign up for tutoring or ask someone to mentor them
- Follow social media account dealing with their fear & join the conversation
- Sign up to do something publicly they are afraid of



What Small Shift Will You Make? | 10 mins

Give the students one minute to consider an action they might take based on this session. You might use some of Tessa's ideas to prompt them:

- How can you be "half a shade braver" in exploring your internal fears and anxieties?
- What "micro-moments" can you pause throughout the day to re-center, breathe, or do something good for your mental health?
- Who can you talk to about your internal narrative to help you not feel alone in your worries?

Then, go around the room (or virtual meeting) rapid-fire by calling on each student to ask them to share one small shift they can make with regard to their own mental health & wellbeing.



HOW TO MAINTAIN HEALTH + WELLBEING THROUGH CONFLICT

A MASTERCLASS FACILITATION GUIDE FROM THE SULLIVAN FOUNDATION



What Small Shift Will You Make? | 5 mins

Give the students one minute to consider an action they might take based on this session. You might use some of Tessa's ideas to prompt them:

- How can you be "half a shade braver" in exploring your internal fears and anxieties?
- What "micro-moments" can you pause throughout the day to re-center, breathe, or do something good for your mental health?
- Who can you talk to about your internal narrative to help you not feel alone in your worries?

Then, go around the room (or virtual meeting) rapid-fire by calling on each student to ask them to share one small shift they can make with regard to their own mental health & wellbeing.