



Post-Session Discussion Questions

(complete 1–4 weeks after module & before the next module)

How would you rate your overall stress level?

How can you tell that you are stressed? What are the telltale signs in your body? What about thoughts or actions that tell you that you are stressed?

How satisfied are you with your current practices aimed at improving your well-being?

What factors within your microsystem (e.g., immediate environment) and exosystem (e.g., external environmental factors like neighborhood and community support) support your capacity for resilience?