

MODULE 8

PostSession Discussion Questions

Use these discussion prompts to guide your reflection on the content of this module, the skills and strategies learned, its relevance to your own life, and your personal experiences with this module's content.

With that in mind, these prompts are intended to be completed **at least 1 week after** completing the information part of the module, and **after you have had some time to practice**. This should give you enough time to evaluate the usefulness of this module for you right now, in this moment of your life, to strengthen your well-being.

In addition, these discussions are intended to be done with your **practice partner** or **school team** (depending on your building's ARC implementation model). We encourage your partner and/or team to practice EOARS for good listening to help keep the discussion supportive:

E = Empathy statements (e.g., you're in a tough spot, you're doing what you can, I totally agree)

O = Open-ended questions (e.g., how, what, tell me how, in what way)

A = Affirmation (genuine confidence boosters, e.g., You have great insight, you are a determined person, great suggestion)

R = Reflection (repeat or rephrase to understand, e.g., So you feel..., it sounds like..., do you mean....)

S = Summary (special reflection that emphasizes change, e.g., so [brief summary] and that's helping you feel better, right?)

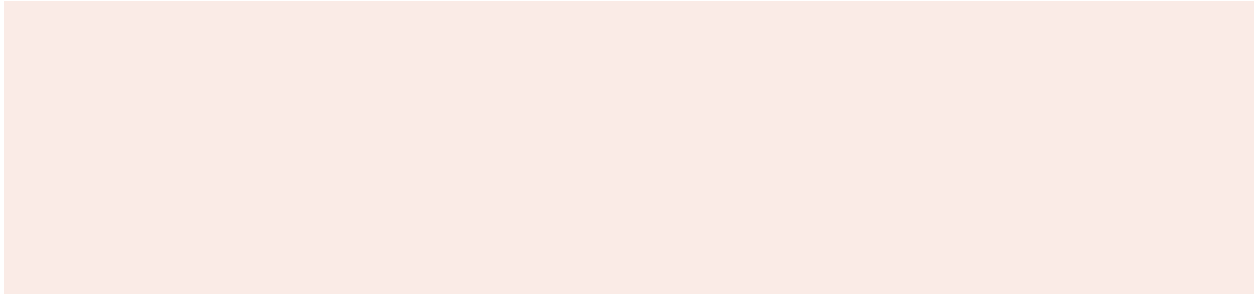
Knowledge Check Questions (Completed during/immediately after the module)

1. Contrast mindful eating to other ways we consume food. What are the benefits of eating mindfully, both in terms of health and wellbeing?

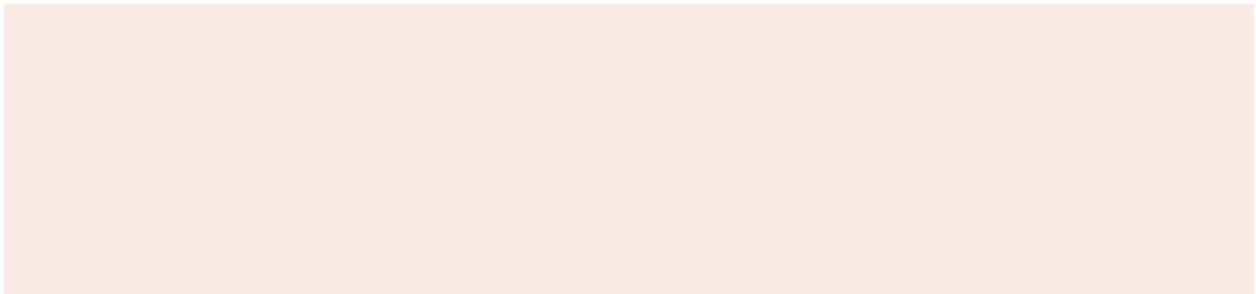
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2. How would you describe the difference between joyful movement and “working out/exercising”?

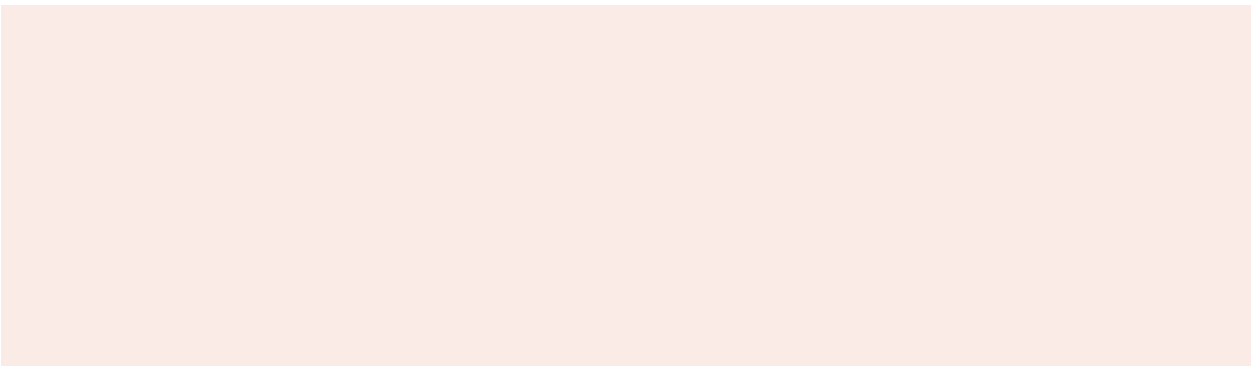


3. Share three sleep hygiene tips to improve the quality of your sleep.



Post Session Discussion Questions (completed 1-4 weeks after module & before the next module)

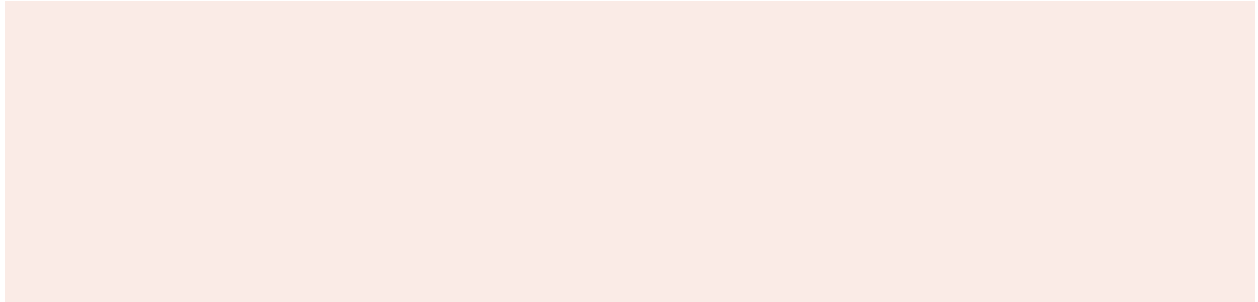
1. What ideas do you have for making your eating more mindful, your movement more joyful, or your sleep more restful?



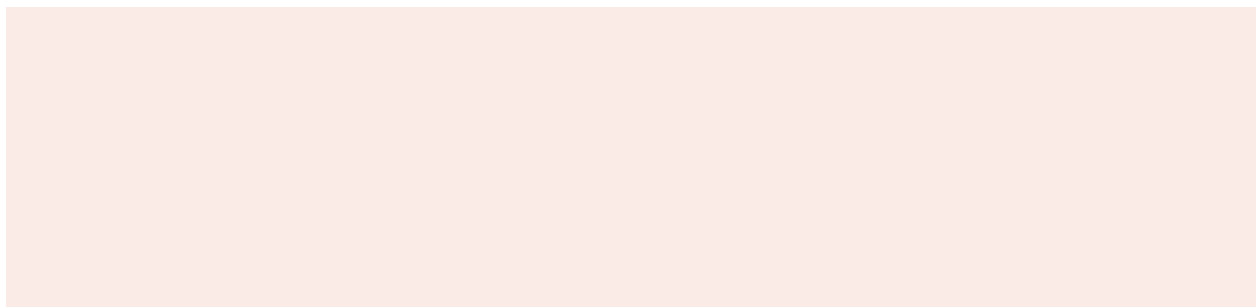
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2. Recall an experience where you were fully present and engaged during a meal or physical activity. How did that experience differ from times where you felt distracted?



3. How do you think changing your eating, moving, and sleeping habits to be more mindful, joyful, and restful might improve your health and wellbeing?



4. What do you think could get in the way of your goals to eat more mindfully, move more joyfully, or sleep more restfully?

