

MODULE 9

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?)

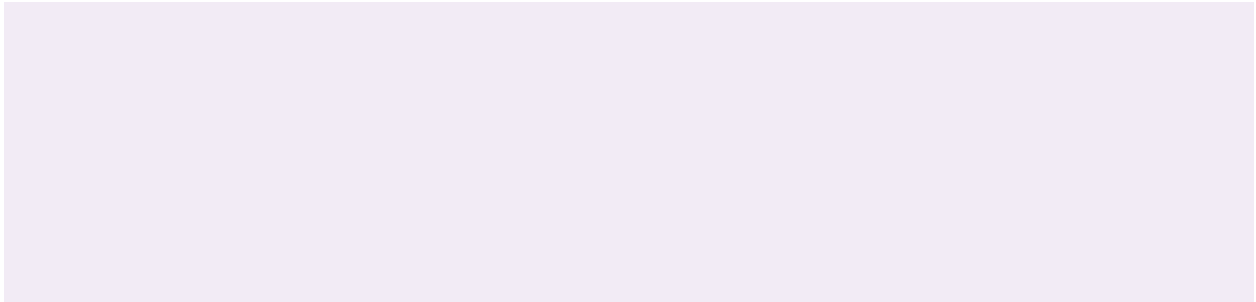
Knowledge Check Questions (Completed during/immediately after the module)

1. In what ways are leisure, recreation, and relaxation activities similar and different?

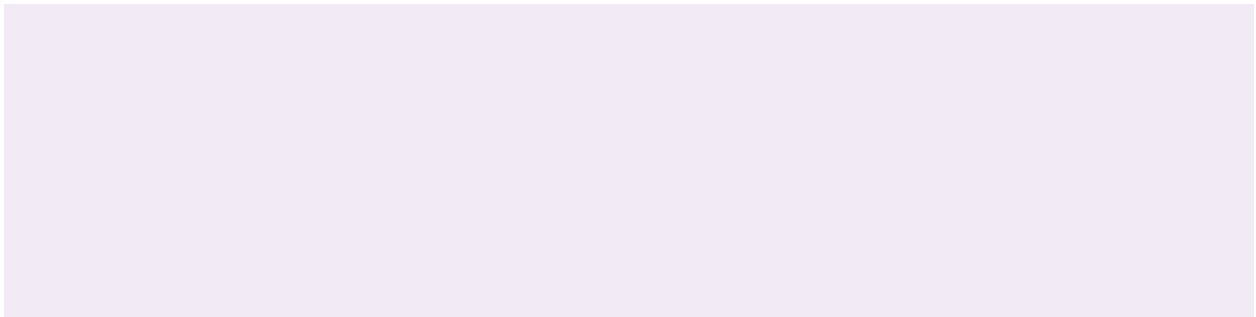
MODULE 9

PostSession Discussion Questions

2. What supports are needed once motivated to keep engaging with the Three R's, even when stressed?

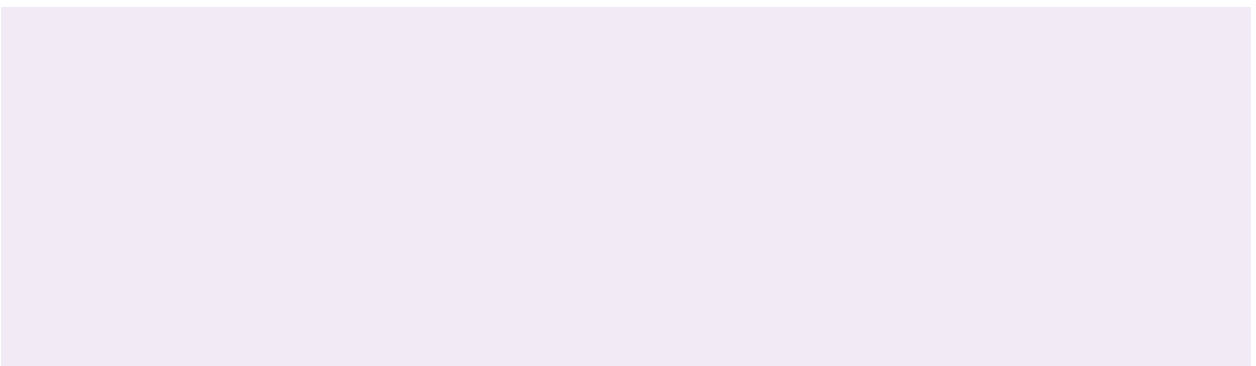


3. How do different interpretations of time affect our choices to engage with the Three R's?



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

1. Were you able to set aside strictly relaxation time and, if so, how did it feel compared to your normal relaxation strategies?



MODULE 9

PostSession Discussion Questions

2. How did motivation to engage in your Three R's fluctuate throughout the days/weeks?



3. What barriers did you notice to engaging in your Three R's? What strategies did/could you use to overcome those barriers?

