Goal: Create a personal definition of mindfulness, understand the health benefits, and learn and practice a new mindfulness activity.

Pre-discussion deliverables:
Facilitators should explore the wealth of information on “Positive Psychology” website (see references) and watch the video prior to leading the discussion group. The facilitator may choose to send the video link prior to participants and watch it again during discussion.

Discussion Questions:
1. When you hear the word mindfulness what one word comes to your mind? Try to collect (write down on white-board or flip chart) the list of the words. Encourage participants to be creative and try not to repeat words already shared by others. Discuss the list and allow time to add more words.

2. What is your personal definition of mindfulness? What makes it "personal"?

3. What are some examples of mindfulness strategies that you have used in the past and/or that you are currently practicing? Have you found practicing mindfulness beneficial?

4. If you were to add a new mindful activity into your lifestyle, what would you include? Why? Please be specific.

Optional Activity:
Encourage participants to individually explore the book “The Art of Noticing” and the video. Suggest they include those close to them (family members, friends). Refer them to page 41 of the book and encourage them to practice the activity.

Optional Group Activity: Divide the group into pairs, provide each a group the Health Benefits of Mindfulness hand out. Instruct them to review it and together complete the worksheet. Have pairs share with the room what they discovered.
Preparing for the small group discussion is important but does not need to take a lot of time. We have provided a few resources related to the topic below to assist you with this. It is highly recommended small group facilitators review the videos and resource materials prior to hosting the discussion. The community resource matrix is also a tool recommended to have on hand during discussions.

Facilitator Notes

ACQUAINT YOURSELF WITH TOPIC
- Review the Resilience Quick Grip resources
- The references can also be used to conduct more research on the topic

PREPARE
- Review the Quick Grip as it is designed to assist with creating your discussion flow, starting with the videos, the proposed questions, activities/games, and apply it tools.
- Ensure the venue and environment will encourage dialogue with the group
- Determine what you may need (audio visual, supplies, or games)

GET HELP FROM TECHNOLOGY
- Facilitators can use apps to enhance engagement such as KAHOOT!, TriviaMaker, and MeetingPulse.
- Videos are also a great tool to use whenever possible. The videos provided in the Quick Grip were selected to provide an overview of the topic for discussion.

LEADING SMALL GROUP TUTORIALS

Mobile Game-Optional Questions

Below are some sample questions that can be used in a mobile game tool related to the topic, however you may choose to use other questions to fit your audience and get creative.

1. Per Stanford University, brain information travels up to how many miles per hour?
   A. 350 B. 65. C. 268 D. 78
   Answer: D. 268. Stanford University Tech Museum

2. Our mind has the ability to process how many pieces of information each second?
   A. 20 B. 126 C. 67 D. 232
   Answer B. 126 Mihaly Csikszentmihalyi PhD, author of FLOW

3. Research shows the brain can stay focused for how long before it needs a break?
   A. 90min B. 30min C. 45min D. 60min
   Answer: A. 90min Basic rest-activity-cycle Oxford Reference

References

1. Positive Psychology
   https://positivepsychology.com/what-is-mindfulness/

2. The Art of Noticing - 131 Ways to Spark Creativity, Find Inspiration and Discover the Joy in the Everyday

3. Show Up as Your Best Self: Mindful Leaders, Meditation, & More
   Cathy Quartner Bailey, ISBN-10: 1523787198

4. Mindfulness Coach APP
   https://mobile.va.gov/app/mindfulness-coach

Community Resource Matrix

Installations should tailor the community resource matrix tool. A guide on how to modify the matrix is included in the Resilience Toolkit. It is recommended facilitators have a copy of the matrix on hand during session(s).

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