



Wellness Lesson 1 Facilitator's Guide

STATE MANAGEMENT

State management is a technique used to manage your thoughts and emotions more effectively.

It starts with understanding how you feel now, what has made you feel that way and then uses specific strategies to change it so you can feel better and think more clearly.

State management is used to help you reach your goals and manage your stress.

Key Concepts

- Why is State Management important?
- What is State Management?
- How do we better Manage our State?
- What if we don't Manage our State?



Facilitator's Notes

- Ask Participants to create an account on <https://newmella.co.za/>. Participants can access the **ONLINE COURSE: Wellness**. Participants complete Lesson 1 by watching the video and doing the tasks in the downloadable manual that corresponds to this lesson.
- Arrange a suitable time for a 90-minute **Wellness Workshop** (in person/ online/ hybrid). Use the **Wellness Workshop Lesson 1** presentation.
- During the Wellness Workshop, ask Participants to choose an **Accountability Partner**. This person will be their buddy during the programme and help to keep them on track with their progress.



Wellness Workshop Steps

Session Outline (10 minutes)

- Outline the contents of today's workshop.
- Ask all Participants how they feel about being on the Programme and why they think it is a good idea to attend.

STATE MANAGEMENT

- **Why** State Management
- **What is** State Management
- **How do** we better Manage our State?
- **What if** we don't Manage our State?

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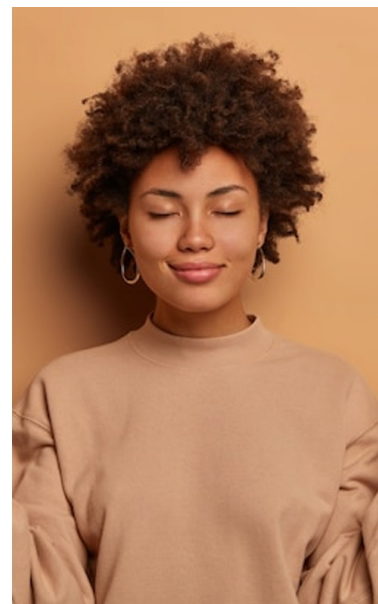


Share your Reflections (5 minutes)

- Ask 2-3 Participants why state management is important.

Share your Reflections

Why is state management important?





Share your Reflections (10 minutes)

- Put Participants in pairs/groups of 3 to talk about how they currently manage their state. Set a time limit of 5 minutes.
- Ask for feedback from 2-3 Participants.



Discussion (10 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Set a time limit of 5 minutes.
- Ask for feedback from 2-3 Participants.

State Management is about
Consciously shifting Perspective.

Work in Pairs:

1. What do you understand by the statement above?
2. Give some example of how you can shift your perspective to manage your state.





Other People's Behaviour (10 minutes)

- Ask Participants for more explanations for negative behaviour. Encourage Participants to think about why we can't take other people's behaviour personally or at face value.

Often, people's behaviour has nothing to do with you!

Insecurities

Lack of Self-Worth

Past Trauma

Dysregulated Nervous System

Personal Circumstances

Lack of Sleep

Poor Mental Health

Stress

Toxic Influences

Jealousy & "Comparisonitis"

Can you add more explanations for negative behaviour?



Discussion (10 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Set a time limit of 10 minutes.

Work in Pairs

Share something that is making you feel stressed/angry.

1. REFLECT ON THOUGHTS AND EMOTIONS

WHY ARE YOU THINKING OR FEELING THIS WAY?

2. REDIRECT THOUGHTS AND EMOTIONS

HOW WOULD YOU LIKE TO THINK OR FEEL INSTEAD?

WHAT CAN YOU CONTROL?

WHAT ACTION CAN YOU TAKE?





For more happiness (5 minutes)

- Ask 2-3 Participants which one they need to let go of. Why is it a good idea to let go of these things? What issues do they cause if you do not let go?

For more happiness, let go of...

ANGER

JUDGEMENT

CONTROL

RESENTMENT

THE NEED TO BE RIGHT

PERFECTIONISM

DEFINING YOUR WORTH THROUGH PRODUCTIVITY

Which one do you need to let go of?

Source: Dr Adriana James



Discussion (5 minutes)

- Ask 2-3 Participants which zone they are in. What do they need to do to change zones? Ask Participants what triggers the fear zone.

Which Zone are you in?

FEAR ZONE

- ☐ Find Excuses
- ☐ Worried about what others say
- ☐ No Self-Confidence

LEARNING ZONE

- ☐ Build Skills
- ☐ Deal with Challenges and Mistakes
- ☐ Feel more Confident

GROWTH ZONE

- ☐ Live Dreams
- ☐ Set New Goals
- ☐ Master Skills



ARSENAL (5 minutes)

- Quickly review ARSENAL

THOMPSON'S APPROACH FOR STRESS MANAGEMENT

A R S E N A L - Incremental change is the key

- **AWARENESS** – Increase your awareness of how you feel stress in your body. How do you feel when you are relaxed vs stress and what stresses you out? Start to reconnect with your body.
- **REST** – Give your body enough time to heal when you notice stress in it. Take time out; go and do something else; rest and make sure to get 7-8 hours sleep.
- **SUPPORT** – Ensure you have a network around you that you can share your stress with.
- **EXERCISE** – Exercise helps the body build resistance to stress.
- **NUTRITION** – Eating healthy food and taking care of gut health helps your body manage stress better.
- **ATTITUDE** – You always have choice in how you see things. Do you see problems or challenges to solve?
- **LEARNING** – Learn to keep an agile mind. This supports stress management. We need to always be learning something new – take on a new hobby, experience or online course.

- James Clear, Jordan Peterson



Discussion (10 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Set a time limit of 5 minutes.
- Ask for feedback from 2-3 Participants.

Reflect

- Which item from ARSENAL is your weak point?
- What are you going to do to change that this year?
- Are there any other actions you will take to improve your overall state?





Accountability Partner (5 minutes)

- Ask Participants who their Accountability Partner is. Make a note so you can make sure they are keeping each other accountable!



Wrap Up (5 minutes)

- Ask Participants to set up a weekly or bi-weekly check in with their Accountability Partner. They should share what they have done to improve their Wellness scores.
- Q&A: answer any questions the Participants might have.