



# Wellness Lesson 2 Facilitator's Guide

## REST & EXERCISE

In today's fast-paced business world, rest and exercise are crucial for well-being. Rest and exercise can reduce stress levels, increase productivity, improve physical and mental health, and prevent health problems.

Regular exercise has been shown to improve sleep quality. This can reduce stress levels. Exercise can increase energy levels, which can help to stay focused and alert throughout the workday. Rest is also important for physical health, as it allows the body to recover and repair. Exercise has numerous benefits for mental health, including reducing symptoms of depression and anxiety.

### Key Concepts

- Current Progress
- Why, What, How and What If: Rest
- Why, What, How and What If: Exercise



## Facilitator's Notes

- Participants access the **ONLINE COURSE: Wellness** on <https://newmella.co.za/>. Participants complete Lesson 2 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 2** presentation.



## Wellness Workshop Steps

### Session Outline (5 minutes)

- Outline the contents of today's workshop.

## REST & EXERCISE

- Reflection: **My Progress**
- Why, What, How and What If: **Rest**
- Why, What, How and What If: **Exercise**
- Reflection Task: **A R S E N A L Plan**

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### Share your Reflections (5 minutes)

- Ask 3-4 Participants to share what changes they have made to their Wellness so far.





### Share your Reflections (10 minutes)

- Put Participants in pairs/groups of 3 to share their reflections.
- Ask for feedback from 2-3 Participants.



## Share your Reflections

- What are your indicators for when you feel rested?
- How do you know when you haven't had enough rest?



### Discussion (5 minutes)

- Ask the group to answer the question: what other benefits of resting can you think of?

## The Benefits of Resting

- Heals your body
- Reduces stress
- Boosts creativity
- Improves productivity
- Enhances decision making

**What other benefits can you think of?**



### Share your reflections (10 minutes)

- Put Participants in pairs/groups of 3 to share their reflections.
- Ask for feedback from 2-3 Participants.

## *Share your Reflections*

Why is rest important considering what's going on in your life right now?

Share **THREE** insights.



### Discussion (5 minutes)

- Ask the group to answer the question: what does it mean to Rest?

## *Discuss*

What does it mean to Rest?

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### Share your reflections (10 minutes)

- Put Participants in pairs/groups of 3 to share their reflections.
- Ask for feedback from 2-3 Participants.

## Share your Reflections

What are different ways you rest? Which work best for you?

For the right balance of rest in your life, what do you need to:

- stop?
- start?
- do more of?
- do less of?
- keep doing?





### Discussion (5 minutes)

- Ask 2-3 Participants to share their insights with the whole group.

## Share your Reflections

What happens if we don't keep our commitment to rest?

Share **THREE** insights.

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### Discussion (5 minutes)

- Ask 2-3 Participants to share their thoughts with the whole group.

## *Discuss*

### Why is Exercise Important?

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### Share your Reflections (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.

## *Share your Reflections*

What benefits do you personally  
get from regular exercise?

Share **THREE** insights.





### Discussion (5 minutes)

- Ask 2-3 Participants to share their reflections with the whole group.



## Share your Reflections

From your perspective,

- What is regular exercise?
- What kind of exercise do you enjoy?



### Share your Reflections (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.

## Share your Reflections

1. What **commitments** do you need to make in order to exercise regularly?
2. What **obstacles** to regular exercise do you need to remove and how/when will you do that?
3. How will you **keep yourself on track**?

Share **THREE** insights.





### Discussion (5 minutes)

- Ask 2-3 Participants to share their reflections with the whole group.

## Share your Reflections

What happens if we don't keep our  
commitment to regular exercise?

Share **THREE** insights.

### Wrap Up (5 minutes)

- Ask Participants when and where they will meet their Accountability Partner. Explain that they need to create a plan to improve their ARSENAL.

## Task

Meet your Accountability Partner.  
When? Where?

Create a plan to improve your:

**ARSENAL**





## Review (5 minutes)

- If necessary, remind Participants what ARSENAL stands for.

*Review...*

*Thompson's approach for managing stress*

# 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

