



Wellness Lesson 3 Facilitator's Guide

AWARENESS & NUTRITION

Being self-aware allows us to identify and manage our stress levels effectively. High levels of stress can negatively impact performance, decision-making ability and overall health.

Nutrition is also an important factor for us to consider. A healthy and balanced diet can provide the energy and nutrients necessary for optimal brain function, which is crucial for decision-making, problem-solving, and creative thinking. Poor nutrition, on the other hand, can lead to fatigue, lack of focus, and reduced productivity.

Maintaining a healthy weight and preventing chronic diseases such as diabetes and heart disease is important for staying healthy and productive in the long run. By eating a diet rich in fruits, vegetables, lean proteins, and whole grains, we can improve their overall health, maintain energy levels, and reduce the risk of chronic diseases that could negatively impact our work and personal life.

Key Concepts

- Current Progress
- Why, What, How and What If: Awareness
- Why, What, How and What If: Nutrition



Facilitator's Notes

- Participants access the **ONLINE COURSE: Wellness** on <https://newmella.co.za/>. Participants complete Lesson 3 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 3** presentation.



Wellness Workshop Steps

Session Outline (5 minutes)

- Outline the contents of today's workshop.

AWARENESS & NUTRITION

- Review: ARSENAL
- Check in: Awareness
- Why, What, How and What If: **Awareness**
- Why, What, How and What If: **Nutrition**
- Reflection Task

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Review (3 minutes)

- Ask Participants if they remember what ARSENAL stands for.

Review...

Thompson's approach for managing stress

ARSENAL





Review (2 minutes)

- If necessary, remind Participants what ARSENAL stands for.

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 stressed 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 (5 minutes)

- Ask 2-3 Participants if their self-awareness has improved since completing the tasks. Encourage them to give reasons for their answers.

Share your Reflections

Since completing the tasks, has your self-awareness improved?
Why or why not?







Discussion (10 minutes)

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

DISCUSS

- Why is awareness important?
- What are the benefits of awareness?

Share your ideas with a partner.



Discussion (5 minutes)

- Invite 2-3 Participants to share their insights.

Share your Reflections

What are your top three reasons why awareness of your stress levels is important for you right now?

Share **THREE** insights.





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 three steps you will take to cultivate your awareness?
- When will you take these step?

Share **THREE** insights.

Discussion (5 minutes)

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

Discuss

What does Nutrition
mean to you?





Discussion (5 minutes)

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

Share your Reflections

What are your top three reasons why nutrition is important for you right now?

Share **THREE** insights.



Share your Reflections (15 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Set a time limit of 8 minutes.
- Ask for feedback from 2-3 Participants.

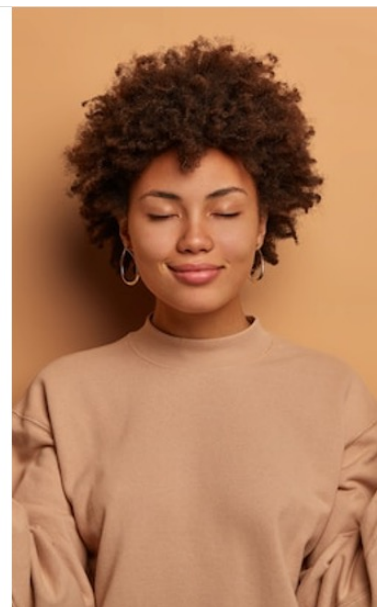
Share your Reflections

To what extent do you consume things that nourish you?

What are some of the things that you consume that don't nourish you?

How can you tell which is which?

Share **THREE** insights.





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.

Share your Reflections

- When was a time in your life when your nutrition was at its best? What did that involve?
- How good is your nutrition currently?
- What would it take to get to your optimum level of nutrition?

Share your action steps and commitments.



Discussion (5 minutes)

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

Discuss

What do you risk if you don't cultivate good nutrition, starting now?





Wrap up (10 minutes)

- Ask Participants whether they have already completed the Reflection Task. Invite them to share their insights.

Reflection Task

- Connect with five humans (outside of the program) and ask them how they are, just listen.

Then, meet with your Accountability Partner:

- Share your score out of 10 for Awareness and Nutrition.
- Share how you plan to improve your score.
- Share your insights from connecting with five humans – what did you learn about connecting and listening?

