



Wellness Lesson 4 Facilitator's Guide

ATTITUDE & SUPPORT

A good attitude is associated with well-being because it can significantly impact a person's mental and physical health. A positive mindset can lead to lower levels of stress and increased happiness, which in turn can improve overall well-being. Positive thinking can also boost the immune system, reduce the risk of chronic illnesses and promote healthy behaviours like exercise and proper nutrition. A good attitude can improve social connections and help individuals better cope with challenges, leading to a greater sense of fulfilment and purpose in life.

A good support system is also crucial for well-being. It provides individuals with the emotional, social, and practical resources needed to navigate life's challenges. Having people who care and offer help can reduce stress, improve self-esteem, and promote positive mental health. A good support system can also provide a sense of belonging, social connection, and meaning, which can promote overall wellness.

Key Concepts

- Why, What, How and What If: Attitude
- Why, What, How and What If: Support
- Reflection Task



Facilitator's Notes

- Participants access the **ONLINE COURSE: Wellness** on <https://newmella.co.za/>. Participants complete Lesson 4 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 4** presentation.



Wellness Workshop Steps

Session Outline (5 minutes)

- Outline the contents of today's workshop.

ATTITUDE & SUPPORT

- Review: ARSENAL
- Why, What, How and What If: **Attitude**
- Why, What, How and What If: **Support**
- 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 to share their thoughts on these questions.

Share your Reflections

Why does attitude matter personally and professionally?

Why does support matter in life?





Discussion (10 minutes)

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

DISCUSS

- Who do you know (either personally or via their public persona) who has an attitude that you admire?
- How do they act/speak/engage with the world?

Share your ideas with a partner.



Discussion (5 minutes)

- Invite 2-3 Participants to share their insights.

Share your Reflections

What are some ways in which a positive or negative attitude can impact your life?

Share some insights with the group.





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 (at least) three steps you will take to cultivate and sustain a positive mindset?
- How often will you repeat these steps?
- How will you keep yourself on track?

Share with a partner.

Discussion (10 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Set a time limit of 7 minutes.
- Ask for feedback from 2-3 Participants.

Share your Reflections

- What are the areas in your life in which your support network is strong?
- Which areas could do with more support?

Share with a partner.



Discussion (10 minutes)

- Put Participants in pairs/groups of 3 to answer the questions. Consider changing up the pairs/groups so Participants can speak to someone else. Set a time limit of 7 minutes.
- Ask for feedback from 2-3 Participants.

Discuss in Pairs

Why is having a strong support network important in the context of your life right now?



Share your Reflections (5 minutes)

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

Share your Reflections

- Whose support in your life has had a positive impact on you?
- Why and how did they show their support?

Share some insights with the group.



Discussion (10 minutes)

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

Share with the Group

- What steps are you going to take from to nurture your existing support system and create new opportunities for support?
- How can you be more supportive to those around you?



Discussion (5 minutes)

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

Group Discussion:

What do we risk if we don't cultivate and nurture strong support networks?





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 Attitude and Support.
- Share how you plan to improve your score.
- Share your insights from connecting with five humans – what did you learn about connecting and listening?

