



Wellness Lesson 5 Facilitator's Guide

LEARNING & ATTACHMENT VS AUTHENTICITY

Continuous learning is essential for wellness as it boosts self-esteem, provides a sense of purpose, and promotes personal growth. It expands horizons, enhances employability, and stimulates intellectual curiosity, leading to a more fulfilling life experience. As we learn more about ourselves, we can become more authentic in our approach to life.

Authenticity promotes emotional well-being. When individuals embrace their true selves, they experience a sense of inner congruence and self-acceptance. They no longer have to put on a facade or pretend to be someone they're not, which reduces the internal conflict and stress that comes with inauthentic living. This allows for greater emotional stability, improved self-esteem, and a stronger sense of identity. By being genuine and true to themselves, we foster deeper and more meaningful connections with others.

Releasing unhealthy attachments promotes well-being by fostering emotional freedom, self-awareness, personal growth, healthier relationships, and reduced stress. It frees individuals from emotional entanglement and dependence, allowing them to cultivate autonomy, self-reliance, and inner peace. Releasing unhealthy attachments creates space for personal growth, self-discovery, and the pursuit of passions and goals.

Key Concepts

- Exploring Learning
- Exploring Attachment vs Authenticity
- Reflection Task



Facilitator's Notes

- Participants access the **ONLINE COURSE: Wellness** on <https://newmella.co.za/>. Participants complete Lesson 5 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 5** presentation.



Wellness Workshop Steps

Session Outline (5 minutes)

- Outline the contents of today's workshop.

LEARNING & ATTACHMENT *vs* AUTHENTICITY

- Exploring Learning
- Exploring Attachment vs Authenticity
- 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 **James Clear, Jordan Peterson**

- **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.



Discussion (10 minutes)

- Ask 2-3 Participants to share their thoughts on these questions.

Share your Reflections

When was the last time you learnt something new and exciting?

In what ways are you different in different areas of your life?





Discussion (10 minutes)

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

DISCUSS

- Why is it important for you right now to learn something new?
- How will this new learning impact your life?

Share your ideas with a partner.



Discussion (5 minutes)

- Invite 2-3 Participants to share their insights.

Discuss: Which of these forms of learning appeals to you the most?

- Doing an online course
- Learning a language
- Taking up a new sport or hobby
- Playing an instrument
- Therapy
- Reading a book
- Prototyping and testing a business solution





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 is the most important thing you can learn this year and why? When and how are you going to start?
- How will this new learning impact your overall Stress Management?

Share some insights a partner.



Discussion (10 minutes)

- Ask for feedback from 2-3 Participants.

Share your Reflections

What will be the impact on your life if you don't keep the commitments to learning you have made today? What do you risk?

Share some insights with the group.





Discussion (15 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 10 minutes.
- Ask for feedback from 2-3 Participants.

Share your Reflections

1. Think back on when you were younger. How might you have learned (even unconsciously) to prioritise attachment over authenticity?
2. What areas of your life does this affect now?

Share with a partner.

Share your Reflections (10 minutes)

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

Share your Reflections

How can you navigate Attachment vs Authenticity in your life in a healthier way?

Share with the group 3 steps you will take.





Wrap up (10 minutes)

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

Reflection Task

1. Share what you learnt today with 5 people outside of the program and record your insights.
2. Write in a journal or keep notes in your phone each time you feel shame, anger, guilt, hurt, sadness or fear.
 - Try to discover the patterns of when and why are you feeling those emotions. What needs might they be signaling to you?
 - Can you think of some healthy ways you can meet those needs?
3. Meet with your accountability buddy to share your learnings and plan to learn more and become more authentic

