

Lead a series of youth workshops – Lesson 6: Mental Remix

Once in a while, we need a Mental Remix. This final session in the Change to Chill series focuses on mentally remixing how we deal with stress. Teens work in teams or individually to investigate something they can share with the larger group so that everyone has a chance to learn a new skill and stress less.

What You Need

- Electronic devices for each participant or one with a larger screen that can be seen by all
- Internet connection
- Pen or pencil (one for each participant)

Step 1: Check In – Guided Imagery

Ask participants what situations did they use guided imagery for? What impact did it make? Ask them to describe what it felt like.

Step 2: Mental Remix Video and Discussion

Each person sees and experiences the world differently. No one is accurate or right in their reality, they just are. When we understand that and learn to respect other people’s “maps of the world,” we become more resilient. That does not mean we have to like, agree or be the same as each other. Respect leads to understanding, and understanding leads to compromise, negotiation and change. Without respect there is judgment. Judgment leads to bias, conflict and not being able to move forward.

For example, Google maps and GPS directions don’t always match the actual streets, houses or buildings in an area, right? In the same way, the maps or filters we have in our minds don’t always match what’s happening in our lives. When this is the case, when our lives are going ways that don’t fit with what we want or expect, it causes a stress response. This is much like how a traveler on a road trip might panic if the directions said take Exit 3C to the east at 7th Street and there was no exit at 7th Street. The more we can be aware of our maps, the more we can adjust and adapt as needed. We can change the way we are thinking, change what we’re doing or both. We call this Mental Remix.

Mental Remix video: <https://youtu.be/WZ27b1wbyxU>

We all experience stress. It’s how we deal with it that makes a difference in our overall perspective. Mentally remix your next stressful event and write down three ways you can turn things around.

Step 3: Get Some Perspective

Get perspective on things that matter by reading through the different scenarios and answering the questions with a large group or break into smaller groups. These ways of thinking, acting and believing will help you through life's ups and downs.

Get Some Perspective section: changetochill.org/how-can-i/get-perspective/

Step 4: Meditation

Use the online five-minute video to provide participants with first-hand meditation experience. Invite them to get in a comfortable position. Inform them they can either watch the full video quietly or close their eyes and just listen. Either way, encourage them to follow the instructions and try the meditation. At the end take a few minutes to discuss what they thought of the experience.

Meditation video: <https://youtu.be/uZX4v4lw2Mc>

Step 5: Reflect

As a final step in this new practice, take some time as a group to reflect on what you've done and what you've learned. Gather in a circle, sitting or standing. Then explain how the activity works. Say, "I'm going to ask a question. If you'd like to answer raise your hand and I'll pass you the ball (or whatever object you have). Then once you are done you can pass the ball to someone else who would like to answer the same question." When you are ready to ask a different question, ask that the object be tossed back to you. After the youth answer each question, you can take time to summarize what they said or expand on the thoughts they shared. Here are questions you can use:

1. What did you like best about Change to Chill?
2. What did you like least about Change to Chill?
3. What did you learn by participating in these trainings?
4. What are two or three words you can use to describe how you feel these trainings?
5. What, if anything, will you do differently in your life because of the experiences you had through Change to Chill?