



### **Lesson 3: Be Your Strength: Stress, Coping, and Wellness**

#### **Discussion Guide**

**Instructions:** This assignment is for you to do with a parent, trusted adult/mentor, or a peer/friend.

In class you learned about two types of meditations. Please select one of the videos and practice this with a parent, trusted adult/mentor, or a peer/friend

[https://youtu.be/ssss7V1\\_eyA](https://youtu.be/ssss7V1_eyA) 5 Minute Mindfulness Meditation

<https://youtu.be/n6RbW2LtdFs> Box Breathing - 1 minute

After you practice the meditation, reflect on your experience:

Include the following:

1. What were your feelings and emotions before your meditation and afterwards?
2. Did you have any a-ha! moments or realizations about your meditation?
3. Ask your parent, trusted adult/mentor, or a peer/friend what their opinions were on the meditation you did.
4. Is meditation a technique you would consider in helping you cope with stress? If yes, elaborate why that is so. If not, what are other techniques that you used to cope with stress?