Prepare yourself for the class before everyone gets there.

Remember the room arrangement for better group discussion.

Facilitate discussion whenever you see this symbol 🟢

**Meeting 9 checklist of items needed:**

- [ ] Sign-In Sheet (Attendance Form)
- [ ] Flip Chart and Markers
- [ ] Meeting 9 for each participant
- [ ] Incentives (Optional)
- [ ] Healthy snacks or food (Optional)

When people arrive:

- Give Meeting 9 to every participant.
- Have everyone sign the attendance form.
- Tell participants where restrooms are located.
- Tell them that today's meeting should last about 1 hour and to help you stay on track so that everything will get covered.
- Tell them that questions and discussions are encouraged from everyone.
- Welcome everyone.

**OPTIONAL** – Review the key points from Meetings 1-8 in table in the “extras” section. You can review either before or after the meeting, or have participants read through the table on their own.
Lead participants through the deep breathing exercise.

Read through steps 1-6.
Mentor Notes

Lead participants through the next exercise called Guided Imagery.

Read the directions **slowly and calmly**, as if to hypnotize them.
Mentor Notes

Read the review to participants.

Ask participants to set a goal to lower stress:

A goal could be to practice one or more of the stress lowering exercises they learned today, or to talk to their doctor if they are feeling depressed.