

## Mentor Notes

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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.

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Lead participants through the deep breathing exercise.

Read through steps 1-6.

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Lead participants through the next exercise called Guided Imagery.

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

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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.