

<p>Purpose:</p> <p>To create a safe, down-to-earth space where group members can talk (or just listen) about how they're really doing—and know they're not alone.</p> <p>Suggested Timeframe:</p> <p>15–30 minutes</p> <p>(Adapt to your group's energy, time, or how deep people want to go)</p>	<p>Before You Start</p> <p>Set the scene:</p> <p>"This isn't a big emotional unload or a therapy session. It's just a chance to check in—see how people are doing, chat about what's been hard, and maybe share what's helping. No pressure to talk. Listening is just as important."</p>	<p>Create safety:</p> <ul style="list-style-type: none"> • Make it clear: No one has to share. • Keep it non-judgemental—no advice unless asked for, no fixing, no pressure. • If you're leading, model openness. Go first. Be honest, but not overwhelming.
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DISCUSSION FLOW

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1. Start Simple – Low-Stakes Opener
(5 mins)

Begin with a light check-in to ease people in:

- "Describe your week in a word or emoji."
- "What's one small win you've had lately?"
- "What's something that's helped you feel a bit more like you this week?"

Keep it short and playful. Set a relaxed tone.

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2. Real Talk – How Are You Actually Doing?
(10–15 mins)

Use any of these prompts to invite real, open sharing:

- "How have you really been lately?"
- "What's been feeling heavy or hard to manage recently?"
- "What's draining your energy right now—and what's giving you a boost?"
- "What helps you cope when things feel a bit too much?"
- "When you're not okay—how do you usually know? What are the signs?"

Follow-up questions to keep the chat going:

- "Can anyone relate?"
- "What's worked for you when you've felt like that?"
- "Has anyone found something that helped them lately—big or small?"

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3. Looking Ahead – Refocus and Recharge
(5–10 mins)

Close with reflection and small steps:

- "What's one thing you can do this week to take care of yourself?"
- "What would support look like for you right now?"
- "Is there something you want to do more—or less—for your own wellbeing?"
- "Anything you want to ask for from the group?"

Let people answer out loud or just reflect silently. No pressure.

Tips for Leaders

- Check your pace – leave space for silence. Some people need time to open up.
- Protect the space – shut down judgment, side comments, or advice-giving unless invited.
- Follow up – if someone shares something big, check in with them after (privately).
- Keep it regular – people open up more when they know this isn't a one-off.

Closing Reminder to Share with the Group:

"You don't have to wait for a check-in like this to talk. If something's heavy, speak to someone—me, a friend, a professional. You're not on your own."