

Recognizing and Responding

Facilitator's Guide



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This activity helps participants recognize emotional triggers, reflect on their thoughts, feelings and actions, and identify healthy coping strategies. It can be used in classrooms, community groups or group sessions focused on emotional wellness or stress management.

MATERIALS NEEDED

- Projector or screen to play videos
- Printed or digital copies of the “Self-Reflection: Identifying Triggers and Tools for Coping” worksheet (one per participant)
- Pens or pencils
- Optional: flip chart, paper or whiteboard for group notes

RECOMMENDED

Create a list of local mental health and substance use resources in your community.

ESTIMATED TIME

About 30 minutes

FACILITATION PROGRAM

1. Introduction (5 minutes)

- Welcome participants and briefly explain the goal of the activity: to think about situations that cause stress or upset, reflect on how we respond, and identify positive ways to cope.
- Encourage participants to be honest but respectful of their own comfort level in sharing.
- Emphasize that personal details can remain private if preferred.

2. Video Viewing (3 minutes)

- Play the video(s) for the large group.
- After viewing, ask participants to briefly share initial reactions or takeaways. Prompt with:
 - “What stood out to you from the video?”
 - “Did anything remind you of situations you’ve experienced?”

3. Individual Reflection (5–10 minutes)

- Distribute the worksheet and pens or pencils, and invite participants to complete it quietly on their own.
- Encourage them to think of a real situation that recently made them upset or stressed and to answer each prompt honestly.
- Remind them that this activity is about understanding and self-reflection, not judgment.

4. Optional: Small Group or Pair Discussion (5–10 minutes)

- Divide participants into pairs or small groups (3–4 people).
- Ask them to share general insights from their worksheets (not necessarily personal details), focusing on:
 - Common triggers or situations.
 - How they recognized their emotions.
 - What coping strategies have worked or could work in the future.
- Encourage participants to listen respectfully and supportively.

5. Large Group Debriefing (5-10 minutes)

- Bring everyone back together.
- Facilitate a short discussion using prompts such as:
 - “What did you notice about common triggers or reactions?”
 - “What strategies seemed most helpful?”
 - “What will you take away from this reflection?”
- Optionally, record coping ideas on a whiteboard or flip chart for collective reference.

6. Closing (5 minutes)

- Summarize key takeaways: Everyone experiences stress and upset, but recognizing our triggers and developing coping tools can help us respond more effectively.
- Share local mental health and substance use resources with attendees.
- Thank participants for their openness and participation.

If you have additional time, you could share the Opioid Overdose CPR/First Aid video.