



## CAI STUDENTS ARE GOING TO CHANGE THE WORLD **START BY CHANGING YOUR MIND**

### Workshop 1: Saturday 20 July 2019 10am - 3pm: The Unleash Space

CAI students experience particular challenges in relation to anxiety and stress, staying healthy, getting fit, being overwhelmed in the face of university work, confidence, self-doubt and making friends. The focus of the wellbeing workshops will be on simple, self-help solutions, peer support, and sharing to address some of these personal difficulties and to learn how to maintain balanced wellbeing.

### Workshop 2: Saturday 3 August 2019 10am - 3pm: The Unleash Space

A creative career is the journey of a lifetime, and for this it is helpful to learn simple skills to maintain your personal and creative resilience. Come and learn ways to use a creative process to achieve what you want, and to keep going in the face of the odds.

## WORKSHOP ONE // FACILITATION PLAN

### Workshop materials

1. White board markers - four colours
2. Plastic table clothes for covering the tables to write and draw on
3. Felt tips and pens etc.
4. Handout 1: *Image of a house and the four dimensions of wellbeing* // also as a Powerpoint slide
5. Handout 2: *Change Your Thoughts, Change Your World* article
6. Handout 3: *Cloud template*
7. Handout 4: *Emotional Regulation Strategies* by Courtney Ackerman
8. Handout 5: *Gratitude template*
9. Handout 6: *Additional resources*
10. Notes books // A4 paper for writing on // Large envelopes (for keeping everything together)
11. Small drawstring bags / five smooth flat stones per bag
12. 20 stickers to stick onto the stones (one set per participant.)
13. Projector, screen and wifi
14. Neurohacking: rewiring your brain | Don Vaughn | TEDxUCLA  
<https://www.youtube.com/watch?v=xzbHtlrb14s>
15. How we can rewire our negativity bias - Rick Hanson  
<https://www.youtube.com/watch?v=Ed4RND4Ry3o>

Time	Wellness Workshop Outline	Notes
8.45am	<b>Set-up room for workshop (including catering)</b>	<b>Paris &amp; Elisabeth</b>
9.40am	<b>Participants begin to arrive: Coffee / tea offered</b>	Coffee available
10.00am  10 mins	<p><b>Welcome</b></p> <ol style="list-style-type: none"> <li>1. Introduce ourselves</li> <li>2. Today we are looking at how you as CAI students can resource yourselves to manage stress, anxiety and confidence issues at University.</li> <li>3. You will learn strategies to manage mental, emotional and physical wellbeing.</li> <li>4. Since you will be taking on the world as Future Makers you will need strategies to maintain your wellbeing on the journey of a lifetime – your creative career!</li> <li>5. Before we hear who you all are, some housekeeping</li> </ol>	<p><b>Nadine &amp; Lorraine</b></p> <p><i>Housekeeping</i></p> <ul style="list-style-type: none"> <li>• Loos</li> <li>• Moving around</li> <li>• Continuous refreshments</li> <li>• Lunch arrangements</li> </ul>
10.10am  Up to 20 mins	<p><b>Participant introductions</b></p> <ol style="list-style-type: none"> <li>1. Invite participants to introduce themselves <ul style="list-style-type: none"> <li>• Tell us your name</li> <li>• What you would like to gain from the workshop, today.</li> </ul> </li> </ol>	<p><b>Nadine</b></p> <p><i>Resources</i></p> <ul style="list-style-type: none"> <li>• Nil</li> </ul>
10.30am  10 mins	<p><b>Positioning the topic</b></p> <ol style="list-style-type: none"> <li>1. Time at university can be lots of fun, but it can also be quite stressful.</li> <li>2. CAI students being the creative ones in our population tend to be more sensitive and therefore can experience more stress and anxiety than students in other faculties.</li> <li>3. The post Uni world for CAI students is complex as most of you will move into freelance and contract work, rather than permanent employment.</li> <li>4. Many of you will be looking at a self-managed portfolio career, being a mix of freelance work, part time employment and contract work.</li> <li>5. And in many ways, that portfolio career will be the journey of a lifetime as you pick up skills, experience and knowledge in a myriad of ways and through collaboration and networking meet other creatives who you will work closely with.</li> <li>6. CAI students are going to change the world, no doubt about it – and many of our graduates are already doing that. <i>(Reference video series on the FutureMakers website)</i></li> <li>7. However, the stressors of the kind of career journey you are going into or are already on (if you're here as a CAI alumni) are great and your ability to manage well, will depend on your ability to self-manage your wellbeing on many fronts.</li> <li>8. Among these are your physical, emotional, social and financial wellbeing.</li> </ol>	<p><b>Nadine</b></p> <p><i>Resources</i></p> <p>Nil</p> <p><b>FutureMakers website:</b></p> <p><i>Videos of CAI graduates –</i></p> <p>Chirag Jindal Damon Birchfield Elisapeta Heta Jessica Fearless Marshall Smith Trudy Dobbie</p>

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	<p>9. Along with developing specific employment related skills, you will also need to build self-confidence, develop skills to manage stress and anxiety, learn to navigate new and changing situations with ease, learn how to switch off and ensure that you get enough sleep and relaxation.</p> <p>10. Then there's also the importance of physical exercise, healthy food and connecting with others to maintain wellbeing.</p> <p>11. Keeping a healthy balance is achievable – and some strategies that we'll cover today include:</p> <ul style="list-style-type: none"> <li>• Developing self-awareness</li> <li>• Maintaining mindfulness, and</li> <li>• Knowing when to reach out for help.</li> </ul>	
<p>10.40am  40 mins</p>	<p><b>What does wellbeing (or wellness) look/feel like for you?</b></p> <ol style="list-style-type: none"> <li>1. Let's start exploring the subject and your experiences in the territory of wellbeing.</li> <li>2. Let's figure out together what wellbeing is.</li> <li>3. If we want more of it, what does it look like, feel like, how does it show up in our bodies, our thinking and our feelings, our life? What does wellness look/feel like for you? (4 mins)</li> <li>4. Pair up with someone you don't know <ul style="list-style-type: none"> <li>• Discuss what wellbeing is for you (<i>three minutes each and we'll ring the bell when it's time to swap over</i>) (6 mins)</li> </ul> </li> <li>5. Now pair up with another pair into a group of four and gather around a table <ul style="list-style-type: none"> <li>• Using the materials provided on the table, collectively map using words and pictures, how you as a group 'see' wellbeing (10 mins)</li> </ul> </li> <li>6. <i>Group debrief</i> <ul style="list-style-type: none"> <li>• Gather around a table (and then move to other tables to continue debrief process)</li> <li>• Each group shares what they have added</li> <li>• Encourage reflection / discussion (10 mins)</li> </ul> </li> <li>7. Bring everyone back into one whole group <ul style="list-style-type: none"> <li>• Handout and introduce the <i>FutureMakers Participant Resource Folder</i></li> <li>• Ask participants to find the handout: <i>The House of Wellbeing</i> as the next part of the session will consider definitions of wellbeing to add to what participants have explored in the wellbeing maps</li> </ul> </li> </ol>	<p><b>Nadine</b> <i>Resources</i></p> <ul style="list-style-type: none"> <li>• Bell (timekeeping)</li> <li>• PP Clicker</li> <li>• Tables covered in brown paper (or plastic tablecloths)</li> <li>• Range of pens, stickers etc.</li> <li>• Participant Resource Folders</li> <li>• Video screen</li> <li>• Wifi</li> <li>• Powerpoint</li> </ul>

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	<p>8. Referring to the screen (<i>Definitions of Wellbeing</i>)</p> <ul style="list-style-type: none"> <li>• <b>Wellbeing</b> is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors.</li> <li>• <b>Wellbeing</b> is strongly linked to happiness and life satisfaction. In short, <b>wellbeing</b> could be described as how you feel about yourself and your life.</li> <li>• An holistic definition of wellbeing: There are <b>four dimensions</b> of Wellbeing:               <ol style="list-style-type: none"> <li>1. Physical <b>Wellbeing</b>,</li> <li>2. Mental &amp; Emotional <b>wellbeing</b> (includes self-confidence),</li> <li>3. Social <b>Wellbeing</b> (includes, relationships, family, whanau, whanaungatanga and self-esteem)</li> <li>4. Spiritual <b>wellbeing</b> (comes from personal beliefs and family practices.)</li> </ol> </li> </ul> <p>9. Powerpoint image of 'wellbeing' as a house</p> <ul style="list-style-type: none"> <li>• We can think of Wellbeing as a house and the four dimensions being the floor, walls and roof</li> <li>• Describe the house and its four dimensions</li> <li>• We need our house to be strong and intact to keep us warm and safe</li> </ul> <p>(6 mins)</p>	
<p>11.20am  30 mins</p>	<p><b>Mapping participants current reality</b></p> <p><i>What are the challenges to wellbeing that you experience?</i></p> <p><i>What are the things you worry about?</i></p> <p><i>What are the things that prevent your House from protecting you?</i></p> <ol style="list-style-type: none"> <li>1. Divide into groups of three or if the group is small, all sit around the same table.</li> <li>2. Invite group participants to write on their table cloth (and/or pieces of coloured to stick to their table-cloth) the restraints that weaken the wellbeing of their house.           <ul style="list-style-type: none"> <li>• What weakens the physical walls of your house?</li> <li>• What weakens the mental and emotional walls?</li> <li>• What weakens the social/ relationship/ family walls?</li> <li>• What weakens the spiritual walls of a house?</li> </ul> </li> </ol> <p>As a group, explore using the materials as well as drawing and writing on the sheet of flip chart paper provided</p> <p>(20 mins)</p>	<p><b>Nadine</b> (with other members of the team helping out)</p> <p><i>Resources</i></p> <ul style="list-style-type: none"> <li>• Bell (timekeeping)</li> <li>• Tables covered in brown paper (or plastic tablecloths)</li> <li>• Range of pens, stickers etc.</li> <li>• Flipchart paper (one sheet per table)</li> <li>• Coloured paper</li> <li>• Post-it notes</li> </ul>

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	3. Whole group: <ul style="list-style-type: none"> <li>• Have participants name the general themes that are showing up</li> <li>• Invite discussion and reflection around each theme.</li> </ul> (10 mins)	
11.50am  40 mins	<p><b>Thoughts create things</b></p> <ol style="list-style-type: none"> <li>1. Thoughts create stress and anxiety they also create happiness and ease.</li> <li>2. Thoughts create fearfulness and they also create self-confidence.</li> <li>3. Thoughts are negative down one end of the spectrum and positive up the other.</li> <li>4. Whether we think negatively or positively is determined by our conditioning and the consequent thinking habits we form.</li> <li>5. Thoughts are highly creative so it depends on the nature of your thoughts as whether they enhance your general wellbeing or erode it.</li> <li>6. There is a tendency when we are worried or down for thoughts to become obsessive and destructive.</li> <li>7. When obsessive and destructive thinking is turned in on ourselves it creates more stress, fear and anxiety.</li> <li>8. When this continues over prolonged periods of time we start to develop physical, emotional and mental health conditions.</li> <li>9. This can all be going on beyond our conscious awareness.</li> <li>10. We will be doing some exercises after lunch that will help you to develop more awareness of your thoughts.</li> <li>11. <u>Handout the article</u>, <i>Change Your Thoughts, Change Your World</i> by Jennifer Read Hawthorne or point to it in the resource pack for reading later.</li> <li>12. Thoughts are powerful.</li> <li>13. If you want to, you can improve your well-being through changing your thoughts.</li> <li>14. Who has heard of Neuroplasticity?</li> <li>15. <u>Draw an image of a brain. In it lots of little dots.</u></li> <li>16. These are neurons. We have a hundred billion neurons firing in concert constructing the vivid reality that we live in.</li> <li>17. When we do things, anything, a thought, a feeling an action, these neurons fire messages, which form neural pathways.</li> <li>18. For example when we first learn to ride a bike, the neuron for pedal and the neuron for balance might fire.</li> </ol>	<p><b>Lorraine</b> (with other members of the team helping out)</p> <p><i>Resources</i> Change Your Thoughts, Change Your World © 2014 by Jennifer Read Hawthorne <a href="https://www.jenniferhawthorne.com/articles/change_your_thoughts.html">https://www.jenniferhawthorne.com/articles/change_your_thoughts.html</a></p>

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	<p>19. But they don't quite manage to form a neural pathway and we wobble and fall off. Next time we try, they connect.</p> <p>20. A neural pathway is formed and we have success. Each time we ride our bike that neural pathway is strengthened.</p> <p>21. Here's a short video clip that tells the story in a different way: <i>Neurohacking: rewiring your brain   Don Vaughn   TEDxUCLA.</i> <u>Watch first 4.19 mins</u></p> <p>22. The thing about neural pathways and neuroplasticity is that if you have a pathway in your brain that you don't want, you <u>can't</u> get rid of it.</p> <p>23. But you can form a new and preferred pathway. When you stop using the old pathway it will fade away and the new path will take over, as long as you keep reinforcing the new and not the old.</p> <p>24. For example I used to think I was pretty hopeless in terms of computer knowledge and skills. So deciding that I was going to build a magazine app and publish on Apple News Stand was something that astonished myself as much as anyone else who knew me.</p> <p>25. It took six months of painstakingly following step by step instructions, which were mostly pretty baffling.</p> <p>26. It felt like following instructions printed in a language I did not know. But I did it.</p> <p>27. I published three editions, which were purchased all around the world before I decided it was taking up too much of my time for too little return.</p> <p>28. I have no idea how many new neural pathways got forged in that experience but I could literally feel my brain reorganising, which wasn't always comfortable.</p> <p>29. When forming new pathways we need to use positive language.</p> <p>30. If we say to ourselves "Don't be nervous, don't be nervous, don't be nervous", just before public speaking, our brain picks out the key word - nervous, nervous, nervous!.</p> <p>31. When we try to reshape our neural pathways we need to frame it in the positive - "I've got this, I've got this, I've got this!"</p> <p>32. Operating in the positive with our words and thoughts takes conscious effort because our brain is hardwired to remember the negative experiences, so we have to work to offset this.</p> <p>33. As psychologist Rick Hanson says - "The brain is like velcro for negative experiences and like teflon for positive ones".</p> <p>34. Here's Rick talking about that idea. <u>Play 5 min YouTube clip</u></p>	<p><b>Lorraine</b> (with other members of the team helping out)</p> <p><i>Resources</i> Video screen</p> <p>Neurohacking: rewiring your brain <a href="https://www.youtube.com/watch?v=xzbHtlrb14s">https://www.youtube.com/watch?v=xzbHtlrb14s</a></p> <p>How we can rewire our negativity bias - Rick Hanson <a href="https://www.youtube.com/watch?v=Ed4RND4Ry3o">https://www.youtube.com/watch?v=Ed4RND4Ry3o</a> <a href="https://www.youtube.com/watch?v=jpuDyGgleh0">https://www.youtube.com/watch?v=jpuDyGgleh0</a></p>

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	<p>35. This can seem a simplistic way of looking at something that plays out in an extremely complex way in people's lives and I am in no way belittling the time and effort that goes into turning challenges of physical, mental and emotional wellbeing around.</p> <p>36. What I am saying is "the power of thought to create what you want or don't want is key/critical/central and therefore not to be underestimated." (20 mins)</p> <p>37. <i>Group discussion / reflections:</i></p> <p>38. What are the key takeaways here for you?  (In the whole group if forthcoming otherwise have participants journal these in their notebooks for themselves)  (10 mins)</p>	<p><b>Lorraine</b> (with other members of the team helping out)</p> <p><i>Resources</i> Video screen</p>
12.30pm	<b>Lunch break</b> (until 1.30pm)	Catered
1.00pm  20 mins	<p><b>Welcome back from lunch . . . Energiser</b></p> <p>Followed by:</p> <p><b>Exercise to catch your thoughts</b></p> <ol style="list-style-type: none"> <li>1. How do you know what you are thinking?</li> <li>2. Lead in a mindfulness exercise.</li> <li>3. Hand out 'clouds' diagram and something to draw with.</li> <li>4. Lead into being relaxed and present.</li> <li>5. Focus internally and try to catch a thought. Any thought such as "I don't like these kind of exercises" or "I'm cold".</li> <li>6. It doesn't have to be a profound thought – the simpler the better. Thoughts run constantly through your mind. See if you can catch one.</li> <li>7. On the cloud template, write your thought in one of the clouds.</li> <li>8. Then move on to catch the next thought. Do this for four or five clouds.</li> <li>9. How did you go? Was everyone able to catch a thought? (7mins)</li> </ol> <p><b>Exercise: Create new neural pathway.</b></p> <ol style="list-style-type: none"> <li>10. Take a thought from your cloud that you would like to create a new thought to address a current situation in your life.</li> <li>11. Write the new thought in positive language in a cloud next to the one you want to replace. Purposefully think the new thought as many times as you can and this will begin to forge a new neural pathway and the original thought will begin to fade. It takes 21 days for a new habit to form.  When you are done find someone else who has finished to share what you have created and why. (5mins)</li> <li>12. Invite anyone who wants to share in the whole group to complete.</li> </ol> <p style="text-align: right;"><i>Continued over page</i></p>	<p><b>Lorraine</b> (with other members of the team helping out)</p> <p><i>Resources</i> Clouds handout</p>

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	<p>13. How can I get more in touch with my thoughts and how can I stop thinking negative thoughts when they take over and become obsessive? 3 mins</p>	<p><b>Nadine &amp; Lorraine</b></p> <p><i>Resources</i> Powerpoint slide: Mindfulness Ball (for tag)</p>
<p>1.20pm  50 mins</p>	<p><b>A range of self help approaches for wellness</b></p> <p>1. We now turn our focus to exercises and approaches that support your personal wellbeing.</p> <p>2. <b>Nadine // Present moment exercises</b> that lead participants into an exercise and experience of coming into present moment awareness.</p> <ul style="list-style-type: none"> <li>• Make yourself comfortable. Relax. Breathe.</li> <li>• Remaining still and relaxed spend, two minutes noticing all you can see, notice everything that is going on visually in front of you.</li> <li>• Now add in everything you can hear. Spend two minutes noticing every sound.</li> <li>• Now spend two minutes noticing everything you can feel including the bottom on the chair, the warmth or cold on your skin, your breath as your breathe in and out. (10 mins)</li> </ul> <p>3. <b>Lorraine // Introduce Powerpoint on the benefits of mindfulness awareness</b></p> <ul style="list-style-type: none"> <li>• Benefits: Reduce stress, relieve anxiety, reduce depression, increase feelings of wellbeing, and aid ability to relax.</li> <li>• Over time with regular practice, experience more self-acceptance, improved relationships, stronger intuition and more depth and meaning in life in general. (10 mins)</li> </ul> <p>4. <b>Nadine // Switching off technology and getting out in nature</b></p> <ul style="list-style-type: none"> <li>• Nature positively affects physical and mental/emotional state, but can also link into our sense of identity and spiritual health.</li> <li>• Why do you feel or think that this is especially important for creative people?</li> <li>• In your experience how do you and other creatives in your circle re balance or re-calibrate or connect to something greater than yourself?</li> <li>• Can you share the ways in which you do this?</li> <li>• Can someone share a story of the last time you did this and what you noticed from the experience?</li> <li>• How did you feel before and after? Did you mood lift? Why do you think? What did you notice? What did you learn? (10 mins)</li> </ul>	



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	<p>5. <b>Lorraine // Down-regulation and up-regulation</b></p> <ul style="list-style-type: none"> <li>• Noticing when we're feeling too low in energy (becoming depressed) and finding ways to up-regulate</li> <li>• What would be some ways that someone could do this? (e.g. dance, yoga, exercise, play)</li> <li>• Noticing when we're feeling too high in energy/hyper-arousal and finding ways to down-regulate</li> <li>• What would be some ways that a person could down-regulate? (e.g. time alone / time-out, doing paced breathing / longer out breath, mindfulness life skills exercises are great!)</li> </ul> <p>(10 mins)</p> <p>6. <b>Nadine // Game of tag</b></p> <ul style="list-style-type: none"> <li>• Spring this on everyone.</li> <li>• Grab the tennis ball and explain that the person with the ball is it.</li> <li>• If they tag you, you take the ball and you are it.</li> <li>• You need to tag someone else and give them the ball.</li> <li>• The idea is not to get tagged.</li> <li>• When people sit down have them notice how they feel.</li> <li>• Has their energy been lifted by participating in the game?</li> </ul> <p>(5 mins)</p> <p>7. <b>Lorraine // The importance of eating well, getting enough sleep and getting into a regular sleep pattern for creatives.</b></p> <ul style="list-style-type: none"> <li>• If you find yourself out of balance after a full on time, socially, creatively or after exams you can help bring yourself back into balance by eating healthy food, cutting out sugar, alcohol, self administered drugs and bringing yourself back into a regular sleep pattern.</li> <li>• When you're out of balance, what things do you do or use to get back in balance (or on track)?</li> </ul> <p>(5 mins)</p> <ul style="list-style-type: none"> <li>• Point out links to the Wellness section on the UOA website</li> <li>• Also direct people to the handout on emotional regulation strategies</li> </ul>	

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2.15pm  15 mins	<p><b>Dealing with overwhelm, 1st things 1st</b></p> <ol style="list-style-type: none"> <li>1. It's estimated that the average human has 12,000 to 60,000 <b>thoughts a day</b>.</li> <li>2. If your mind controls you rather than the other way around it is easy to get into overwhelm.</li> <li>3. Here is a bag with five rocks in it.</li> <li>4. The rocks represent the five most important things to get done in your day.</li> <li>5. Identify the five most important things for tomorrow.</li> <li>6. Name the rocks by taking the removable stickers and writing on them the most important tasks for tomorrow and place one sticker on each of the five rocks.</li> <li>7. Put the rocks into order.</li> <li>8. Talk about it with the person next to you.</li> <li>9. Put the rocks back in the bag.</li> <li>10. Tomorrow stay focused on these before you move on to anything else in your day.</li> <li>11. Focus on completions.</li> </ol> <p>(20 mins)</p>	<p><b>Nadine</b></p> <p><i>Resources</i> Bags of rocks &amp; stickers</p>
2.30pm  15 mins	<p><b>Happiness is a choice</b></p> <ol style="list-style-type: none"> <li>1. Research shows that people who cultivate thoughts of gratitude experience greater levels of happiness and well-being.</li> <li>2. Gratitude exercise:             <ul style="list-style-type: none"> <li>• Take the gratitude template out of your pack and write down 10 things you are grateful for.</li> <li>• Share these in pairs.</li> <li>• Then reflect on how it feels to write and share these things.</li> </ul> </li> <li>3. This is something that many people do every morning on waking to develop the habit of gratitude thinking. It's part of making neuroplasticity changes in the brain towards positivity.</li> </ol> <p>(15mins)</p>	<p><b>Lorraine</b></p> <p><i>Resources</i> Gratitude template</p>
2.45pm  15 mins  3pm Finish	<p><b>It's a wrap . . .</b></p> <ol style="list-style-type: none"> <li>1. When you think back over everything that you have explored today, what is your thinking about actions you could take to enhance your wellbeing.</li> <li>2. Take five mins to journal these in your notebook.</li> <li>3. Round circle – sharing of actions</li> <li>4. Round circle – reflections and insights stimulated by the workshop</li> <li>5. Last words . . .</li> </ol>	<p><b>Nadine</b></p>