



BROTHER, YOU'RE ON MY MIND

Group Activities Handout

We encourage event organizers to have a licensed mental health professional lead this activity. This will ensure someone is available to respond to questions.

MANAGING STRESS EXERCISE

MATERIALS NEEDED

You'll need markers and paper or poster board for this activity.

INSTRUCTIONS

Have participants draw a line down the center of their paper or poster. Ask each participant to draw images of what triggers their stress on the left side of the page and what they strive to do to manage stress and avoid those triggers on the right side of the page. Give them 5 to 7 minutes to draw. Then allow volunteers 2 to 3 minutes to share their drawings.

