# From Burnout to Balance Group Activities Guide

This guide can be used to facilitate discussion and activities among a group of learners after they have individually completed this self-paced course. It is not necessary to be an expert in the course content to facilitate the following discussions and activities. For a deeper dive into learning group facilitation, refer to [WebJunction’s Learning Group Facilitation Guide](https://www.webjunction.org/news/webjunction/facilitator-guide-general.html).

If possible, check in with your learning group before beginning this course to discuss what the group wants to accomplish, both as individuals and as a group.

## Group discussion questions

* What was new or surprising for you in what you learned about burnout and the brain?
* If you completed the journal reflection questions, how did that shape your learning in the course?
* The course identified five strategies for building resilience. Which of these strategies sound most powerful for you? Why?
  + Be kind to yourself
  + Honor your breath
  + Take a mindful “awe walk” outside
  + Protect your time
  + Practice reframing
* What are your existing networks of support (e.g. Employee Resource Groups, professional network, mentors, lunch club, etc.)? What networks would you like to develop that don’t yet exist in your life?
* What other areas of interest do you have around this topic? How will you fill the gaps in your learning?

## Suggested group activities

* Brainstorm self-care strategies. Discuss strategies you already use as well as new ones you’d like to try.
* If you’re comfortable doing so, share some of the accountability methods you developed for your Personal Resilience Plans. How are you going to make sure you stick to it?
* Set a date to reconvene in 3-6 months to discuss what you learned and applied from this course. What adjustments do you need to make to your Personal Resilience Plan?