

I AM STRONGER

Meeting Two: Identify your Stressors/Resistance and Build your Resistance/Growth Mindset

Goal

To promote the development of a growth mindset by identifying some of the stressors in our lives, and reflecting on the Strengths that helped us grow in times of stress.

Welcome (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for joining the meeting. Remind them that even as we are building out a campaign, using their art & their social media platforms and that their most powerful impact comes from their personal actions and the conversations they have with their friends.

ONE PART FUN (5-15 minutes)

Some say laughter is the best medicine. In this meeting play Bob Ross or Bust, or another Sources of Strength Game which you can explore on pages 112-120 of the [Adult Advisor Field Guide](#).

ONE PART SHARING (15-30 minutes)

Now that your team has developed more shared language around our Strengths. Deepen the conversation by facilitating an authentic conversation about some of the stressors that we all face.

Prompt 1:

If you were going to survey your closest friends, and ask them, 'What are the top four or five stressors in your life?' What do you think they would say? At home? In school? In relationships?

Facilitate a brief conversation around stressors that are commonly faced. Honor and acknowledge what is shared, but help everyone avoid oversharing. Normalize the stressors, but don't get sucked into the stress as you share.

Share the story of the Biosphere 2 in Arizona: "Did you know that scientists created a biodome to study how all different parts of nature work? They planted trees, but these trees kept falling over. The scientists finally realized what was happening: there was no wind in their environment. While a strong wind can push a tree over, some level of wind is needed to help trees grow deep roots that will be strong when wind, rain, or floods come their way. Trees need some resistance to develop the necessary strength to help them stand strong in future storms. Stress can act in a very similar way with humans. We don't live healthy lives by completely avoiding stress altogether. Some stress can actually make us stronger. Stress isn't good, but it doesn't have to knock us down, if we practice rooting down into our strengths. How can we reframe the conversation about stress? How can we shift our mindset? We can start by re-focusing on our strengths. A growth mindset encourages us to look for ways to learn, grow and overcome. A growth mindset is about learning from mistakes, turning stress into productivity, and turning obstacles into opportunities."

Prompt 2:

Share about a time when you were stressed, but you still accomplished something you didn't think you could. What did you learn from the experience?

Or

Prompt 3:

What is something you are struggling with right now? If someone else were facing that struggle, what advice would you give them?

Have the facilitator share first and then invite Peer Leaders and Adult Advisors to share first in dyads or small groups, and then share out in the large circle.

ONE PART PLANNING (10-20 minutes)

Now that your Peer Leader team has discussed their stressors and their Strengths, we want to promote the development of a growth mindset in the broader school and community by identifying some of the stressors in their lives, and reflecting on the Strengths that helped. Here's how you could consider creatively engaging your school and community into the I Am Stronger Campaign.

- Create an **I Am Stronger** art installation to tell a story: Build a wall display of a tree or a forest and add to it each week.
 - **Prompt 1:** Roots- Add a root to the tree that helps keep you rooted, what are you feeling strong in already?
 - **Prompt 2:** Wind- What are the general environmental stressors that we all face?
 - **Prompt 3:** Trunk- Add a piece to the trunk that shares about what helps when the wind starts to blow.
 - **Prompt 4:** Leaves- How have you grown stronger because of what you use to help you when the wind starts to blow?
- Use Instagram stories to share your **I Am Stronger** story in less than 60 seconds, and tag five friends to do the same #60SecondStrengthStories
- **I Am Stronger** Mixtape; create a playlist using songs about strength and resilience to share with the school, or play over the sound system during passing periods.
- Listen to an episode of the podcast [Back From Broken](#) and have a discussion.

We recommend these campaign strategies, and these are campaign ideas to help fuel your brainstorming, but make sure every campaign you run includes ideas and elements from your Peer Leaders. Feel free to supplement or substitute any of the additional activities from the [I Am Stronger Campaign Planning Document](#). As a group visit sourcesofstrength.org and Sources Social Media platforms (specifically Instagram [@sourcesofstrength](#)) for more ideas.

CLOSING (1-2 minutes)

Thank all the Adult Advisors and Peer Leaders for participating in the meeting. Share a campaign planning document with everyone on the team, so all of the roles and responsibilities for the campaign are clear and easily accessible. Remember to let everyone know the time and date for the next meeting.