

Hope for Mental Health Community

Table Discussion Guidelines

Please have someone read the following aloud to your table:

- Allow everyone the chance to speak.
- Listen respectfully, without interrupting.
- Seek to understand the person speaking.
- Your focus is on learning and supporting.
- Rather than giving advice, share what has helped or encouraged you.
- Avoid assumptions about anyone sharing.
- If someone doesn't want to share, that's OK, but show you're willing to listen.
- To help everyone to feel safe, accepted, and comfortable sharing, please keep what is shared with the group confidential.
- Please know that if you feel overwhelmed/stuck, you can always reach out to a staff member present or ask someone to join you at the table to assist.

Hope for Mental Health

Community

Table Discussion Questions

Managing Depression & Anxiety
April 28, 2019

Table Discussion #1

1. Take time at your tables to go over this worksheet individually then share with the group if you would like.

Table Discussion #2

1. Using your power of thought, take one of your challenges in life and discuss how you are more than a conqueror.
2. Identify and discuss what active step you are willing to take now to enhance your personal state of well-being.
3. Identify one of the four core emotions (hurt, fear, guilt, shame) that anger has covered up in your life/situation. Take that raw emotion and “reframe” one of your thoughts that comes from it so that you are making a positive change in your life.
4. After looking at the beautiful “Heart of Eternity” diamond and learning of its value, share with others your personal value and how you plan to care for yourself.



SADDLEBACK
CHURCH