
TED TALK

***SETTLE DOWN, PAY
ATTENTION, SAY THANK
YOU: A HOW-TO***

BY KRISTEN RACE

QUESTIONS FOR DISCUSSION

INSTRUCTIONS

Individually or as a group, watch the TED Talk “Settle Down, Pay Attention, Say Thank You: A How-To” by Kristen Race (available at leanin.org/settle-down). Use the questions below for a group discussion on the themes and ideas presented in the video.

QUESTIONS FOR DISCUSSION

Did you relate to the frantic pace and stress Kristen says women face as the “consummate juggler” of work and life?

Kristen describes a morning when everything seemed to go wrong. Have you had a stressful day like this? How did it make you feel?

Prior to watching this video did you do anything specific to reduce stress?

Kristen defines “mindfulness” as “paying attention to the present moment without judgement.” Have you heard about mindfulness before? Have you tried it before? Was it successful? Why or why not?

Kristen recommends mindful breathing as one of the most effective ways to reduce stress, calm us down, and help us pay attention. Which of the following mindful breathing tactics Kristen suggested appealed to you most?

1. Dedicate 5, 10, 15, or 20 minutes each day to practice mindful breathing. When would you do this?
2. Count how many breaths you take while stopped at a traffic light.
3. Each time your phone rings stop and take a deep breath before answering it.

Which would you be most likely to do? Why?

If you have children, which of Kristen's suggestions for using mindfulness with children do you think would be most effective? Why?

1. Offer a struggling child a "three-breath hug."
2. Take the child on a walk and then stop and listen to the sounds around you. Ask what they hear.
3. After school ask, "Who was a good friend to you today?" instead of "How was your day?"

What are three things that you're thankful for today?

Who are the people close to you who will benefit from you engaging in these practices?

What's one key takeaway from the video that you'd like to share with someone else? With whom would you share it?