

# BEATING THE SLUMP! DISCUSSION QUESTIONS



**Thank you so much for joining us!**

**Please use the questions below as a tool for guided discussion and activity creation!**

## **Breathe**

1. What can you do to help your program “reset” and rest this winter?
2. What ideas did your group discuss during your breakout to practice self-care this winter?
3. How can we encourage others to practice better self-care habits this winter?

## **Support**

1. How can we best recognize students on campus this winter?
2. Which staff member(s) on campus could use some added support? How can you encourage them through activities this winter?
3. Which sports/clubs deserve more recognition this winter? How can you support them through activities before the end of the year?

## **Create**

1. What would a new activity tradition look like this winter? What need would it help fill on campus?
2. What clubs and/or organizations can you partner with to plan activities this winter?
3. Finally, what staff members would you like to collaborate with in creating new activities this winter?