

LIFE AT YOUR PACE MEETING

Objective: Participants will learn what healthy boundaries look like, how to set them, and how boundaries can affect your mental health.

Materials:

- [Slide deck](#)
- Something to write on and write with

Suggested Length of Meeting: 60 minutes

Meeting Format: In-person, or via video meeting

Suggested Meeting Outline

- Introduction to Active Minds
 - » Changing the Culture around Mental Health
 - » Active Minds at a Glance
 - » Our Story
 - » About Active Minds (Video)
 - » This is Why We Have to Change the Conversation (Statistics)
 - » Active Minds' Commitment to Anti-Racism and Inclusion
- Boundaries and Mental Health
 - » What are Boundaries?
 - » Activity: My Personal Property Line
 - » What Do Boundaries Do?
 - » Boundaries with Brene Brown (Video)
 - » How Do I Set a Boundary?
 - » Activity: Setting a Boundary
 - » Introduction to "Life at Your Pace" Wristbands

Facilitator Notes: Feel free to adapt this program, this is intended to be a resource for you! We recommend that you download the slide deck and customize it with information about your chapter, upcoming programs, and any other information you'd like to include. The idea is to create opportunities for participants to speak openly and share their experiences to whatever extent they feel comfortable.

Let us know how it went! We'd love to hear about your program via the Chapter Report.