



## Discussion Guide

### Episode 3: Find Your Rhythm to Reduce Stress | 9/10/20

**Hey girls and troop leaders!** This week's episode was all about Girl Scouts finding a rhythm and routine to keep their cool and reduce their stress. We know there's a lot happening in the world right now that might make you feel anxious, scared, or stressed. Studies show that talking about your feelings can help, so use the questions below to get started.

#### The Great Outdoors: Urban Outdoors

- What's your outdoor space like: urban, rural, or suburban? What's something that makes it special?
- Mary Lara heard from three girls from Girl Scouts of Greater New York about how they enjoy the outdoors. What did you think about their tips?
- What are some unconventional outdoor spaces that you enjoy?

#### Finding Your Rhythm with Dr. Cyndy Karras

- How has your rhythm changed because of COVID-19? What routines have helped you?
- Which components in your day are "must-dos," like school or chores? What are some fun things you want to add to your routine, like journaling, walking, or listening to a fun song?
- Dr. Cyndy said that one way she destresses is to make quiet time. What are some ways you can find quiet or rest during stressful periods?

#### State of Mind: Preparing for the New School Year

- How do changes or new circumstances cause stress?
- What do you do to feel calm and relaxed?
- Mary shared physical tips to reduce stress this year, like giving your eyes a break, going outside, and eating well. What are some physical things you do to manage stress?

#### General Questions

- What are some of the biggest causes of stress or anxiety for girls in your community? How can girls support one another?
- What always puts you in a good mood?

#### Take It Further!

- **Get outdoors:** Brianna told you how she takes her art outdoors. Check out how you can do the same and earn your [Cadette Outdoor Art Apprentice](#) badge.
- **Take a trail adventure:** Ready for more outdoor adventures? Needs some tips? Girl Scouts hosted two trail adventure events in May. You can check out the recordings for [Cadettes](#) or [Seniors and Ambassadors](#) to plan your next great adventure!
- **Happiness is a science:** So experiment! Explore ways to be more joyful to earn your [Science of Happiness](#) badge, or investigate the connection between diet and stress as part of the Cadette [Eating for You](#) badge.