

HEALTHY MINDS – Parent Supplement

Module 8 – Summary & Review

Key Concepts

- Assessing our values and focus in life is something we can do consciously, mindfully, and deliberately without needing to experience major life crises or regrets as a prompt.
- The example of Michael J Fox and his experience of early onset Parkinson's Disease is presented as an example of how life going off course can have unexpected benefits.
- Students are invited to consider where a 'happy' and fulfilling life really comes from. Can they learn from the 'regrets' of others? (The group session includes reflection on a palliative care nurse's observations of the 'Top 5 regrets of the dying').

Key Student Activities

- The 'rocking chair test' questions facilitate exploration of personal values and fulfilment
- Students write a 'Letter from the Future' as a means of focusing on the key concepts from the Healthy Minds program and how they are planning to implement these learnings into their future lives.

Discussion Points

- What are the concepts from the Healthy Minds Program that your son or daughter found most useful, and how can they see themselves applying these ideas into the future? Perhaps they would be willing to share their 'Letter from the Future' with you.
- Ask your child to guide you through your own 'rocking chair test' and share your answers.
- In the back of your child's workbook, there is a list of many of the key skills, concepts, and components of the Healthy Minds Program. Have a look

through the list and pick out any that you have not yet discussed but are interested in - ask your son or daughter to talk you through what they have learnt.

Parent Self-reflection Questions

- In your opinion, what are the most helpful Healthy Minds concepts that have stood out to you in your discussions with your child? How can you reinforce the use of these ideas?
- What have you learnt so far in life about what are the most helpful values to focus on? Is there anything you would change about the way you have handled life's ups and downs, and what are the key attitudes, values, or coping strategies that you would most like to pass on to your child? Why?