

Quick Connect: “Media” Method for Tough Moments (5 minutes)

Learning Objectives:

- Learn and practice the “Media Method” and the “Power of the Pause”
- Develop personal strategies for managing frustration

Preparation:

- Use existing relationship to judge how to approach the situation, this shouldn't be a first time conversation.

Part 1: Opening (30 seconds)

"Hey, are you frustrated right now? You cool? I want to share something quick that might help when things get really frustrating or overwhelming. It's called the Media Method. Just four simple steps you can use anywhere, anytime."

Part 2: The Media Method (3.5 minutes)

Pause & Breathe (1 minute)



"When everything feels like too much:

- Just pause. Even for a second.
- Take one slow breath in through your nose.
- Let it out through your mouth like you're fogging up a window. That's your Pause moment - just pause and breathe."

Check the Track (1 minute)



"While you're breathing:

- Acknowledge your feelings
- What's the one thing bothering you most right now?

Rewind



"Remember, you have options:

- What's one tiny thing that might help, even a little bit? You don't have to figure it all out. Just one small thing."
- Who's one person you trust that you could talk to?

Play (1.5 minutes)



"Pick one small thing you can do right now:

- Walk away or step outside for fresh air
- Text that person you trust
- Play music

Part 3: Closing (1 minute)

"Let's try it together right now. One breath. [Do it with them] That's it - you've got the basics. Here's what I want you to remember:

- Pause first, then take a deep breath.
- Check in on how you are feeling.
- Remember that you have options.
- Pick one small thing you can do right now.

Do you want to talk more about it?

Are you good?

Facilitator Notes:

- Keep it simple and concrete

- Focus on immediate, achievable actions
- Emphasize they can use this anywhere
- Follow up within 24 hours if possible