**The Threads Among Us**

**Activity Worksheet**

**Activity 1: Social Contagion (small groups)**

1. Reflect on a time when you saw an individual at work or outside of work whose presence elevated your mood and the moods of those around you. (Each person in the group should share at least one example.)
2. What are ways in which we can try to positively impact our social networks?

**Activity 2: The Threads Among Us Video Debrief (done as a whole group)**

**Activity 3:**

1. How might the resident’s response influence: a) her team members?, b) the consulting team’s members?, c) the patient?
2. Using the Ladder of Inference, why do you think that the resident was dismissive about this new consult?
3. It is possible to “Hop off the Ladder?” If so, how?
4. Have you successfully used any of these techniques in the past to prevent yourself from making a bad decision or acting on an erroneous belief?

**Activity 4: Gratis Gratitude Card (done after today’s session)**