

BRIAN “HEAD” WELCH

DISCUSSION QUESTIONS



Want to share your natural high with us? Tweet us @naturalhigh with #LiveNaturallyHigh.

Activity 1:

Fuel Your Natural High • 15-20mins

Supplies: paper and pen/pencil; optional whiteboard or projector for sharing

Brian talks about “feeding” his pain, before later finding that music — his natural high — fueled something better in him.

- Think of one thing that stresses you out, bores you, or hurts — something Brian might have called a reason to want to escape.

On paper, answer the following prompts:

- “One thing I sometimes do when I’m stressed, bored, or hurting that doesn’t actually help is...”
- “One ‘natural high’ — something safe that makes me feel like I belong — is...”
- “One way I can fuel that natural high more this week is...”
- “What’s one quality of your natural high that matters most to you, and how can you build more of it into your life?”

(Optional) Share one answer with a partner or the group.

Activity 2:

Turn It Into Something • 15–20 min

Supplies: Design software (ex: Canva, photoshop, AI tools)

Design a wallpaper for your phone that reminds you to find joy in the things that you love and to fuel your natural high.



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