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.

Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.