

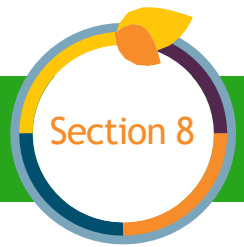
Parent & Caregiver




Virtual Circle Agenda

Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Planning</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 8 <input type="checkbox"/> Prepare materials for Session 8 <input type="checkbox"/> Share handouts from Session 7
<p>Purpose of Circle</p>	<p>Today you will learn how to incorporate wellness and resilience strategies into our daily routines with a focus on:</p> <ol style="list-style-type: none"> 1. Shifting our perspective. 2. An appreciation for our competence and value. 3. How we work from a place of our values to support our family.
<p>Time/Materials/Preparation</p>	<p>Time: 90 minutes</p> <p>Documents to Share During Session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Content Review Visual <input type="checkbox"/> Wellness Compass Assessment <input type="checkbox"/> Appreciative Inquiry Reflection Sheet <p>Items to Place in Chat During Session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group Agreements <input type="checkbox"/> Family Goals <input type="checkbox"/> Opening Quote <input type="checkbox"/> Group Values

Wellness and Resilience Strategies



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Opening and Check-in (20 minutes)	<p>Share</p> <ul style="list-style-type: none">• Welcome back! I invite everyone to get into a comfortable position with your eyes closed or looking towards the ground. We are going to take a moment to pause. Take a few slow breaths. <i>(Pause)</i> Name in your mind what you want to let go of to be present in this circle and your personal reason for being here. <i>(Pause for 10 seconds)</i> I invite you to bring your attention back to the circle. <p>Place in chat and say aloud: <i>“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”</i> - Maya Angelou</p> <p>Ask</p> <ul style="list-style-type: none">• (Go-around) What word in the quote stood out to you and why? <p>Share</p> <ul style="list-style-type: none">• This is our last time together. We have covered a lot of topics over the last seven sessions. <p>Share review visual and briefly highlight what was discussed for each component, ending with the wellness practices, which is what will be covered today.</p>

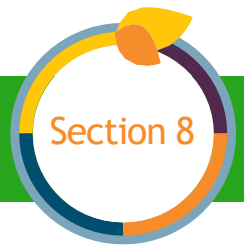
Guiding Questions (25 minutes - Exploring Our Perspective) 	Exploring our Perspective <p>Share</p> <ul style="list-style-type: none">• We are going to do an activity to explore our different perspectives on the same task.• In a moment I am going to put you into pairs and ask you to come up with one activity that one of you finds nourishing but the other finds draining. Once you've found that activity, have the one who finds it nourishing share why they find it that way. Do this twice so both individuals get to find an activity that is nourishing and one that is draining. <i>Give participants roughly 5 minutes to complete this.</i> <p><i>Facilitator Tip: An example of this may be budgeting. One individual finds this nourishing while another finds it draining. The person that finds it nourishing enjoys being able to plan where to spend their money, putting money aside for things they enjoy and look forward to.</i></p> <p>Ask</p> <ul style="list-style-type: none">• (Open mic) Can I have three volunteers share one of their examples from their pair share and why one member of the pair found that activity nourishing? <p>Share</p> <ul style="list-style-type: none">• In the pre-read for Session 7 we included a link to Kelly McGonigal's TED Talk on how to make stress your friend. The research Dr. McGonigal reviewed found that stress was more likely to kill you only if you thought it was going to kill you - it didn't have an adverse impact on your health if you thought of stress more as an opportunity than as something negative for your health.
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Wellness and Resilience Strategies



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<p>Guiding Questions</p> <p>(10 minutes - Value-based Living)</p> <p>(10 minutes - Reflection on Our Value)</p>	<p>Ask</p> <ul style="list-style-type: none"> • (Open mic) How does your perspective on stress impact you? <p>Share</p> <ul style="list-style-type: none"> • Though certainly not always the case, looking at stress as a way our body is preparing us to grow - that our current life experiences are preparing us for future life experiences - can change our perspective and have a positive impact on our wellbeing. <p>Value-based Living</p> <p>Share</p> <ul style="list-style-type: none"> • Compassion fatigue can occur when we do not feel like what we are doing is making a positive impact on those we love according to our values. At the beginning of our time together, we brainstormed our values and our family goals. <i>(Put group values shared during Session 1 into chat and point out the family goals in chat already.)</i> • In addition to challenging our perspective on stress, values-based living builds our compassion resilience. <p>Ask</p> <ul style="list-style-type: none"> • (Go-around) In the last few weeks, how have your core values guided choices you've made in your parenting? <p>Share</p> <ul style="list-style-type: none"> • Letting our values guide us, especially in difficult times, can help us stay centered and leave us feeling more confident in the decisions we make. <p>Appreciative Inquiry - Individual Reflection on Our Value</p> <p>Share</p> <ul style="list-style-type: none"> • The final area of wellness we are going to explore looks at life satisfaction. A contributor to our satisfaction is our awareness of our own value. <p>Share a visual of the Appreciative Inquiry Reflection Sheet. Also place a link to the fillable document into chat so participants can download and complete the sheet on their own.</p> <p>Share</p> <ul style="list-style-type: none"> • Considering your entire time as a parent, recall when you feel most alive, most involved, or most excited about your role as a parent. We are going to take a few minutes for you to reflect on that time and what it is about you that makes that time fulfilling using the reflection sheet shared in chat. <p>If time allows, have a few participants share their answer to what they value most about themselves.</p>

Wellness and Resilience Strategies



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<p>Closing (15 minutes)</p>  	<p>Share the Wellness Compass Assessment as a visual reference.</p> <p>Share</p> <ul style="list-style-type: none">• As we wrap up our wellness section today, I want to remind you of the Wellness Compass Assessment we shared with you during Section 2.• This wellness compass incorporates what we discussed today and additional things to consider when it comes to your wellness. When you get a chance, take some time to review the assessment with the lens of exploring what you are doing well and look at what two or three things you'd like to try and improve moving forward. <p>Ask</p> <ul style="list-style-type: none">• (Open mic) How has the wisdom from the group deepened your learning around compassion resilience?• (Go-around) What is one specific thing you will do following this group to build your compassion resilience? <p><i>Facilitator Tip: In past groups, members have had interest in staying in touch with other group members. If you haven't asked already, you can ask the group if they'd like you to share everyone's contact information with the group (usually email) so they can stay in touch. If you offer this, let participants know they can talk with you privately if they'd wish for their information to not be shared with others.</i></p> <p>Share</p> <ul style="list-style-type: none">• Thank you for being part of our compassion resilience group these past eight sessions. <p><i>Facilitator Tip: Don't forget to email the handouts from today's session, contact information for group members (if members are willing to share), and send individual emails to each participant with the comments from their group members.</i></p>