

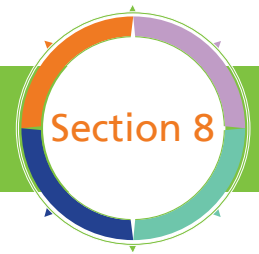
Parent & Caregiver




Circle Agenda

Circle Topic		CR Section 8: Wellness and Resilience Strategies	
Planning	<ul style="list-style-type: none"> <input type="checkbox"/> Send out pre-read for Section 8 — Remind the group about completing their post-it notes <input type="checkbox"/> Prepare materials for Session 8 <input type="checkbox"/> Write writing prompts for last activity on flipchart paper <input type="checkbox"/> Write Maya Angelou quote on flipchart paper <input type="checkbox"/> Celebration treats (optional) 		
Purpose of Circle	<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. 		
Time/Materials/Preparation	<p>Time: 90 minutes</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group agreements <input type="checkbox"/> Group values and family goals <input type="checkbox"/> Centerpiece <input type="checkbox"/> Talking piece <input type="checkbox"/> Fidgets <input type="checkbox"/> Flipchart paper with compassion resilience definition <input type="checkbox"/> Name tags 	<ul style="list-style-type: none"> <input type="checkbox"/> 11x17 paper <input type="checkbox"/> Pens <input type="checkbox"/> Post-it notes and names of group members for closing activity <input type="checkbox"/> Flipchart paper with writing prompts for last activity <input type="checkbox"/> Handout: Content Review Visual, Wellness Compass Assessment 	

Wellness and Resilience Strategies



Circle Topic		CR Section 8: Wellness and Resilience Strategies
Time/Materials/Preparation <i>(continued)</i>		Preparation: Arrange chairs in a circle without furniture in the middle. Hang compassion resilience definition and opening quote on the wall. Have post-it notes, names of participants and pens available for participants to use in preparation for closing activity.
Opening and Check-in (20 minutes)		<p>Facilitator Tip: As participants enter the room, collect their post-it notes and make a separate pile for each participant to be handed out at the end.</p> <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><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." — Maya Angelou</i></p> <p>Ask</p> <ul style="list-style-type: none">(Talking piece) <u>What word in the quote stood out to you and why?</u> <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>Hand out 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)		<p>Exploring our Perspective</p> <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 ask you to get into pairs and try 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>

Circle Topic

CR Section 8: Wellness and Resilience Strategies

Guiding Questions
(25 minutes – Exploring
Our Perspective)
(continued)



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 that enjoy and look forward to.

Ask

- (Popcorn) 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?

Share

- 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.

Ask

- (Popcorn) How does your perspective on stress impact you?

Share

- 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 well-being.

(10 minutes –
Value-based Living)

Value-based Living

Share

- 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. *(Point to values and family goals in the center of the circle)*
- In addition to challenging our perspective on stress, values-based living builds our compassion resilience.

Ask

- (Talking piece) In the last few weeks, how have your core values guided choices you’ve made in your parenting?

Share

- 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.

Circle Topic	CR Section 8: Wellness and Resilience Strategies
<p>Guiding Questions (15 minutes – Reflection on Our Value)</p>	<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>Hand out 11x17 pieces of paper to each participant. Ask the group to fold the paper in half.</p> <p>Hang flipchart paper with questions below on a wall for group to see.</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? Write this answer on one half of the large piece of paper. As you reflect on your answer, write your answers to the following questions on the same side of the paper. <p>Ask – for participant to answer on their own paper</p> <ul style="list-style-type: none"> What makes it an exciting experience? What gives it energy? What is it about you that contributes to the experience? What do you value the most about yourself – as a human being, a citizen, a parent? <p>As participants finish, deliver the post-it notes to each person to put on the other side of their large piece of paper.</p> <p>Share</p> <ul style="list-style-type: none"> As you get your post-it notes, please place them on the other side of your paper. You can fold the paper in half and now have a “card” with your self-reflection on your value and the group members’ statements. Taking time to recognize and honor our strengths is a helpful strategy in building our compassion resilience.
<p>Closing (10 minutes)</p>	<p>Have a few copies of the Wellness Compass Assessment available in case group members didn’t get a copy during Section 2 and/or would like a second copy.</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.

Circle Topic

CR Section 8: Wellness and Resilience Strategies

Closing
(10 minutes)
(continued)

- 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.

Ask

- (Talking piece) How will you stay grounded in the work of Compassion Resilience after today and any other closing thoughts for the group?



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 every one'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.*

Share

- Thank you for being part of our compassion resilience group these past eight sessions.



Facilitator Tip: *It can also be nice to mark the end of the group with a group photo and/or some food for the group to share either during group or after.*