






Section Segments Key

 <p>INTRODUCTION</p>	<p>Provides a paragraph summary of content in the toolkit.</p>
 <p>INFORMATION</p>	<p>This document is meant to be shared with participants prior to participating in the section's circle agenda. Reading this document ahead of time lets participants know what will be covered during that upcoming session and will help them be prepared for the group discussion. While helpful, it is not required participants review this document prior to attending the section.</p>
 <p>SELF-CARE STRATEGIES</p>	<p>Rather than wait until the last section of the toolkit to encounter strategies for self-care that support compassion resilience, each section offers an activity related to the wellness compass.</p>
 <p>WHAT'S NEXT</p>	<p>Introduces the next section of the toolkit.</p>
 <p>APPLICATIONS</p>	<p>Each section has a circle agenda and materials to support the work in the agenda. A great deal of attention went into the creation of the toolkit content. However, every group is different, and facilitators are encouraged to make changes to the agendas to best fit the needs of their groups.</p>