

Staff Support

Circle Agenda



Agendas created in partnership with



Circle Topic	
CR 10: Wellness and Resilience Strategies: Strength	
<b>Planning:</b>	Send document for distribution from the website to all circle participants at least 4 days prior to the circle.
<b>Purpose of circle/ Learning objectives</b>	We are learning how to strengthen our stress resilience by developing additional ways to care for our bodies and listen for signs of stress to minimize unhealthy responses.
<b>Materials/preparation/time</b>	Time: 45-50 min Materials: Circle kit, values and shared agreements created in first session, copies of Choose Nourishing vs. Depleting! handout to share with participants Set-up: Up to 15 chairs arranged in a circle without furniture in the middle
<b>Welcome/opening</b>	<p>"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."</p> <p>— Victor Frankl, author of Man's Search for Meaning</p>
<b>Check-in or Community Building Activity</b>	1. (Talking piece) How are you doing on a scale of 1-5? Share one thing in your life you are looking forward to.

# Wellness and Resilience Strategies: Strength



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<b>Guiding questions</b>	<p>Explain: In our demanding lives, we can easily get caught in simply getting the tasks done and losing all enjoyment. We can get sucked into an “Exhaustion Funnel.”</p> <ol style="list-style-type: none"><li>1. (Talking piece) What job related tasks do you find challenging, mindless or feel exhausting?</li><li>2. (Talking piece) What job related tasks do you enjoy, find nourishing or get excited about?</li><li>3. (Talking piece) What about how you accomplish these tasks gives you pleasure?</li><li>4. (Popcorn style) Share a story about how you have taken (or could take) a mundane and depleting task and turned (turn) it into something you enjoy and look forward to.</li></ol>
<b>Check-out/check for understanding</b>	<ol style="list-style-type: none"><li>1. (Talking piece) How might you use perspective shift to make what feels like a depleting task in your home life, less negative?</li></ol>
<b>Closing</b>	<ol style="list-style-type: none"><li>2. (Activity) Pass a fist bump around the circle.</li></ol>