

What Are We Talking About?



Staff Support



Circle Agenda

Agendas created in partnership with



Circle Topic		CR Section 2: Resilience and Fatigue
Planning	Send the introduction document from Section 2 in the online toolkit at least 4 days prior to the circle to all participants.	
Purpose of Circle/ Learning Objectives	Introduce compassion resilience, self-compassion and the Wellness Compass. Use the Wellness Compass for reflection on our patterns of fatigue and resilience.	
Materials/Preparation/Time	<p>Time: 45-50 min</p> <p>Materials:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Circle kit <input type="checkbox"/> Values and shared agreements created in first session <input type="checkbox"/> Definitions of compassion resilience and compassion fatigue written on flipchart <input type="checkbox"/> A few copies of Compassionate Action Steps visual and Self-Compassion visual in the center of the circle <input type="checkbox"/> Copies of the following for all participants: Fatigue and Resilience in the Wellness Compass and the Self-Compassion Survey <input type="checkbox"/> Write url for online self-scoring self-compassion scale in a visible spot: https://self-compassion.org/test-how-self-compassionate-you-are/ <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>	
Welcome/Check-In (5 minutes)	<p>Welcome group.</p> <p>(Talking piece) <u>Share your name and one word that describes your head and one word that describes your heart right here, right now.</u></p>	

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Grounding/Wellness Practice (5 minutes)	<p><i>"Forget your perfect offering. There is a crack in everything. That's how the light gets in."</i> — Leonard Cohen</p> <p>Self-Compassion Break</p> <p>Share: In this opening activity we are going to be reflecting on the idea of self-compassion. You will learn the components of self-compassion as you reflect from a personal perspective. We are grateful for the work of Dr. Kristin Neff in this field of study.</p> <p>Think of a recent situation when you've let someone down or didn't live up to your own expectations that has left you feeling some level of stress. Bring that example to mind.</p> <ol style="list-style-type: none">1) If you were speaking to a friend who was in a similar situation, what kind words would you say? Can you turn those words towards yourself and your situation? That's one aspect of self-compassion. (Self-kindness vs. self-judgement)2) When you think about that situation, one reaction may be to isolate yourself, withdraw or run away. Self-compassion is when you recognize this is part of life and common humanity. (Common humanity vs. isolation)3) Some of us find ourselves ruminating over our shortcomings versus being mindful of the emotion that comes with it and being able to let that go. (Mindful of emotions vs. over identifying with our emotions) We can name the feeling, such as this is embarrassing, this hurts, this is a moment of suffering, and instead of being stuck in that feeling, we can practice being kind to ourselves and remind ourselves that like others we make mistakes. <p>We will return to the idea of self-compassion at the end of our time together.</p>
Review (5 minutes)	(Popcorn) <u>Give an example of when you used the Steps to Compassionate Action since our last circle.</u>
Guiding Questions (25 minutes)	<p>Review the definitions of compassion resilience and compassion fatigue included in the information document sent to participants from Section 2 of the toolkit.</p> <p>Share: We'll explore these two concepts throughout the toolkit. Today we will connect them to our model for wellness that we use in the toolkit.</p> <p>Review handout, Fatigue and Resilience in the Wellness Compass, before answering the following questions.</p>

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Guiding Questions (25 minutes) <i>(continued)</i>	<ol style="list-style-type: none">1. (Pair share) Which section of the wellness compass do you feel most fatigued in? What resources do you utilize when you are in a state of fatigue?2. (Talking piece) <u>Which section of the wellness compass do you feel most resilient? How do you maintain your resiliency in this area?</u>3. (Pair share) Think about an adult role model who influenced your sense of resiliency and self-care. Who was your role-model and how did they influence you?
Putting it into Practice (9 minutes)	<p>Give participants time to complete the Self-Compassion Scale using phones, laptops or paper version.</p> <p>(Pair share) What role could self-compassion play in growing your resilience in a specific area of the compass?</p>
Closing (1 minute)	<p>The self-care strategy in the pre-read highlighted the science behind gratitude and wellbeing. To close today, <u>lets go around the circle and share one word of something for which you are grateful.</u></p>