

Compassionate Boundary Setting to Build Compassion Resilience



Agendas created in partnership with 
MILWAUKEE
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Circle Topic		CR Section 6: Compassionate Boundaries
Planning	Send the introduction document from Section 6 in the online toolkit at least 4 days prior to the circle to all participants.	
Purpose of Circle/ Learning Objectives	We are learning how to set boundaries that will help us build compassion 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"/> Flip-chart paper <input type="checkbox"/> Markers <input type="checkbox"/> Copies of the following for all participants: List of affirmations from last session (if facilitators choose to do so), Tips for Compassionate Boundary Setting and, if doing Bonus Activity, Preparing to Write Your Personal Mission Statement <p>Set-up: Up to 15 chairs arranged in a circle without furniture in the middle</p>	
Welcome/Check-In (5 minutes)	<p><i>"Without boundaries, you will act, sleep, work, groan, feel used and fulfill basic responsibilities rather than make choices to live and love fully, to work hard and nobly, to fulfill your purpose and to contribute passionately to your world." — Better Boundaries: Owning and Treasuring Your Life</i></p> <p>(Talking piece) <u>When is a time this past week when you didn't set a boundary and it led to feeling fatigued?</u></p>	

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Grounding/Wellness Practice (5 minutes)	<p>Lead the group in a feet grounding exercise:</p> <p>Get into a position where both soles of your feet are on the ground and firmly connected. Either lower your gaze or close your eyes. Take a couple of breaths at your regular pace. Bring your awareness to the soles of your feet, as though you've never felt your feet before; getting really curious about what your feet feel like. Notice the connection of the soles of your feet to your shoes, to the ground, to the bear earth; noticing any sensations in your feet. Notice what happens inside the rest of your body as you do this exercise. What do you feel? When you are ready, open your eyes and come back to the group. Your feet can serve as a great opportunity for mindfulness throughout your day.</p>
Review (5 minutes)	<p>Share: Last time we met we looked at expectations and their impact. We ended with you giving examples of affirmations that you could remember when your unrealistic self-expectations pop up. (If you compiled the affirmations in a document, share with participants.)</p> <p>Today we will explore how saying no in the context of our yeses (or our priorities) is key to being compassion resilient at work and home.</p>
Guiding Questions (25 minutes)	<p>Helpful Adult Behaviors Activity:</p> <p>Post a few pieces of flipchart paper around the room. Put the following title on each piece of paper:</p> <ul style="list-style-type: none">Behaviors at work that are helpful to the workplace culture <p>Give each participant a marker and ask them to write their ideas on the flipchart paper.</p> <p>Point out that this list is their YESES — the people they want to be — their valued behaviors. Ask participants to answer the following questions:</p> <ol style="list-style-type: none">(Talking piece) <u>What might you need to say NO to in order to support your YES from this list?</u> (Record participant answers on another flipchart paper for all to see.)Handout Tips for Compassionate Boundary Setting(Paired activity) Practice stating two of the boundaries listed.(Popcorn) <u>What are some examples for each boundary?</u>(Talking piece) <u>Share a possible organizational policy your organization/school could add to support one of the shared boundaries identified.</u> (Record suggestions shared by the group. If there is not time to complete this round, participants could write a policy idea down on a piece of paper to be collected and shared with the leadership team.)

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Putting it into Practice (5 minutes)	<p><i>"Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment."</i> — Brene Brown</p> <p>(Talking piece) <u>After reflecting on the connection between boundaries and resentment, what is one boundary you plan to begin or continue to uphold to keep you out of a place of resentment?</u></p>
Closing (5 minutes)	<p>As we close, I ask us all to take a deep breath, take a moment to connect with your breath, relax your body.</p> <p>(Talking piece) <u>What is one of your yeses that strongly connects with your personal sense of purpose?</u></p> <p>Bonus Activity: Handout Preparing to Write Your Personal Mission Statement for reflection between sessions.</p>