Build Resilience At Home: Boundaries, Breaks, and Balance

With Amanda Lynch from Greater Richmond SCAN
Feelings Check-In: How are you feeling today?
Poll:
How do you feel you are doing in the area of boundaries?
Setting Boundaries is Self Care
Physical Boundaries

- **Designate certain spaces and times** for eating, sleeping, working, playing, etc.
- **Create structure/routine in your day when possible,** and also offer yourself lots of self-forgiveness and self-compassion!
  - Ideas for working from home with kids; for yourself, for agencies/teams; working from home > work/live balance
- **Discuss how you need support** with these limits/rules/routine and voice them to colleagues (and/or family members, friends, etc.)
The five Directions

One way to start and end your day!

North – Before (work)day ask yourself and write down – “Why am I doing what I’m doing?”

East – Ask yourself, “If I weren’t doing this work/activity/etc., what would I love to do.” How can you bring this into your current work?

South – Think of someone in your life who showed you a great deal of compassion, hold them in your thoughts for a moment and remember what it was like to be in their presence. Write down a couple of words to help remember this feeling.

West – At the beginning and ending of your (work)day think of something you are grateful for – practice now with writing down one thing

Center – At the end of your day before you go to sleep ask yourself, “What can I put down?” “What am I ready to be done with?”

From Laura van Dernoot Lipsky’s book
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others
Psychological/Emotional Boundaries

- **Emergency self-care plans**
  - Plan who you go to and when to seek support, process hard news, vent, talk about non-COVID-19 related topics, etc.
- **Low-Impact Debriefing from Tend Academy**
  - Self-awareness > Fair Warning > Consent > Limited Disclosure
- **Intentionally changing your “hats”**
- **Other ideas**
  - Changing your clothes after work, practicing brain breaks in different spaces (Margo)
Breakout Rooms!

Discuss:

What guidelines, rules, or limits may help you build boundaries at home?
Poll:
How do you feel you are doing in the area of breaks?
Taking Breaks

- Movement Break
- Brain Break
- Breaks from...
Movement Breaks

- Stretch
- Cardio movement: ABC Movement Game
- Shake it out
- Jump!

ABC's Movement Game

Spel your name, your favorite word, or pick a few letters, and follow the prompts to move & calm!

*Please change any prompts to best fit your body and brain needs!*

A: 3 BIG deep breathes
B: 5 push-ups
C: 3 figure 8's with your arms across your body
D: 3 stretches to your tippy toes
E: Take a seated forward fold
F: Push the wall for 10 seconds
G: Hug your knees near your chest for 10 seconds
H: 5 big arm circles
I: 1 tight self-hug
J: Tap your head, shoulders, knees & toes 5 times
K: 5 “slow” squats
L: Push your feet against the floor for 10 seconds
M: Dance for 5 seconds
N: Skip for 5 seconds
O: Breathe in through nose, out through mouth 3 times
P: 5 sit-ups
Q: Reach to your toes
R: Stretch to the stars & lean right and left
S: Twirl for 5 seconds
T: Raise your knees to your chest 10 times
U: Take 4 slow breathes
V: Move in slow motion for 10 seconds
W: 30 second wall-sit
X: 10 jumping jacks
Y: Jump up and down for 10 seconds
Z: Clap your hands 10 times
Brain Breaks

- **Balance right and left sides of brain:** Cross the midline, color, imagery, alternate nostril breathing
- **Ground into the present:** 5-4-3-2-1, mindful eating, mindful walking, notice sensations, breath
- **Externalize it:** journal, talk it out, “wipe it off” (Eliana Gil)
Take a break from...

- Social Media (can contribute to comparison, judgement and self-doubt)
- News (starting or ending the day, use one source)
- Screens (computer, phone, using video)
- Work (take a sick day or personal day when you need one)
Breakout Rooms!

Question:
What other types of breaks are you taking? Which breaks are you committing to take today or tomorrow? “I commit to …”
Poll:
How do you feel you are doing in the area of balance?
Finding Balance
Finding Balance

- Establish a flexible routine and schedule
- Allow for predictability (when possible)
- Create a “work zone” and “play zone”.
  - Work zone: Desk, computer, work materials.
  - Play zone: coloring books, journal, comfy blanket, etc.
- Make time for yourself and your kids during the day
- Prioritize self-care and self-compassion
- Stay connected to others
  - Maintain healthy relationships
  - Social connections are important
- Set limits on technology
Finding Balance

- Set clear and realistic expectations for yourself and family.
- Give grace and pause when needed. This is a judgement free zone.
- Working at home with children
  - Create space for breaks with and without your children.
  - Make meals together.
  - Establish a schedule for chores.
  - Identify opportunities to explore together in nature.
Finding Balance (Cont.)

- Provide a warm, consistent, and structured environment.
- Remember that relationships matter.
- Schedule breaks and times for rest.
- Maintain social connections and support.
Breakout Rooms:

Question:
How do you feel when your life is out of balance? Where do you feel this in your body? What might be possible if you communicate this in a mindful way?
Remember...
Thank you!

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Breaks (Additional Resources)

**Meditation Links**
- Guided Meditation (20 minutes): [https://www.youtube.com/watch?v=Mlr3RsUWrdo](https://www.youtube.com/watch?v=Mlr3RsUWrdo)
- Anchoring and Breath Awareness (13 minutes): [https://www.youtube.com/watch?v=Mlr3RsUWrdo](https://www.youtube.com/watch?v=Mlr3RsUWrdo)
- Zen music (1 hour): [https://www.youtube.com/watch?v=Mlr3RsUWrdo](https://www.youtube.com/watch?v=Mlr3RsUWrdo)
- Jon Kabat Zinn Sitting meditation (10 min.): [https://www.youtube.com/watch?v=smapuMvjaBM](https://www.youtube.com/watch?v=smapuMvjaBM)
- Jon Kabat Zinn Guided Meditation (20 min.): [https://www.youtube.com/watch?v=-5uaDoOCMb4](https://www.youtube.com/watch?v=-5uaDoOCMb4)

**CDC (Stress & Coping Tips)**
- Physical Activity: [https://www.cdc.gov/physicalactivity/basics/index.htm](https://www.cdc.gov/physicalactivity/basics/index.htm)
- Tips for Better Sleep: [https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html)

**Tips for Parents**

**Movement Breaks**
- [https://www.youtube.com/results?search_query=movement+break+for+work](https://www.youtube.com/results?search_query=movement+break+for+work)
Finding Balance (Additional Resources)

● 10 work-life balance tips: https://www.nature.com/articles/d41586-020-01059-4
● Tips for supporting your mental health during COVID-19: https://news.vanderbilt.edu/2020/04/06/resources-and-tips-for-supporting-your-mental-health-during-covid-19/