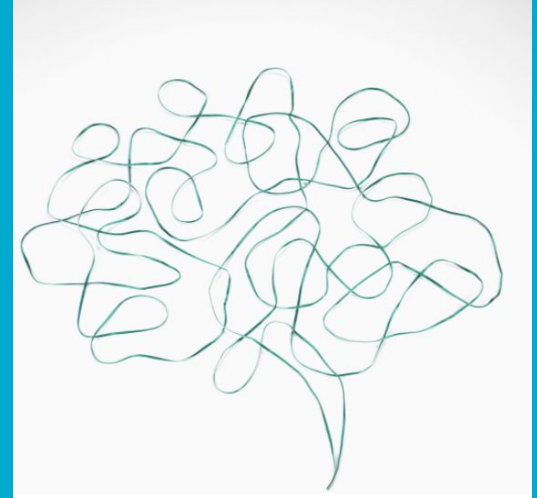


Build Resilience At Home: Boundaries, Breaks, and Balance

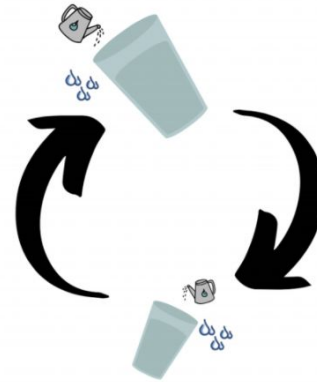
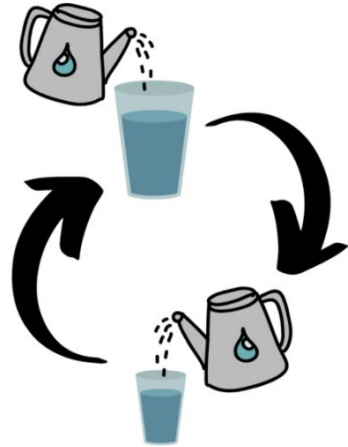
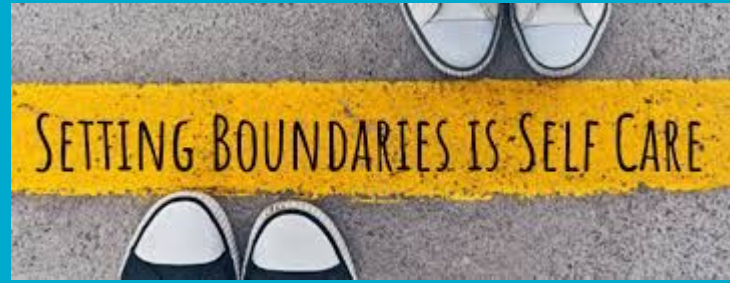
With Amanda Lynch from Greater Richmond SCAN



Feelings Check-In: How are you feeling today?



Poll:
How do you feel you are doing in the
area of boundaries?

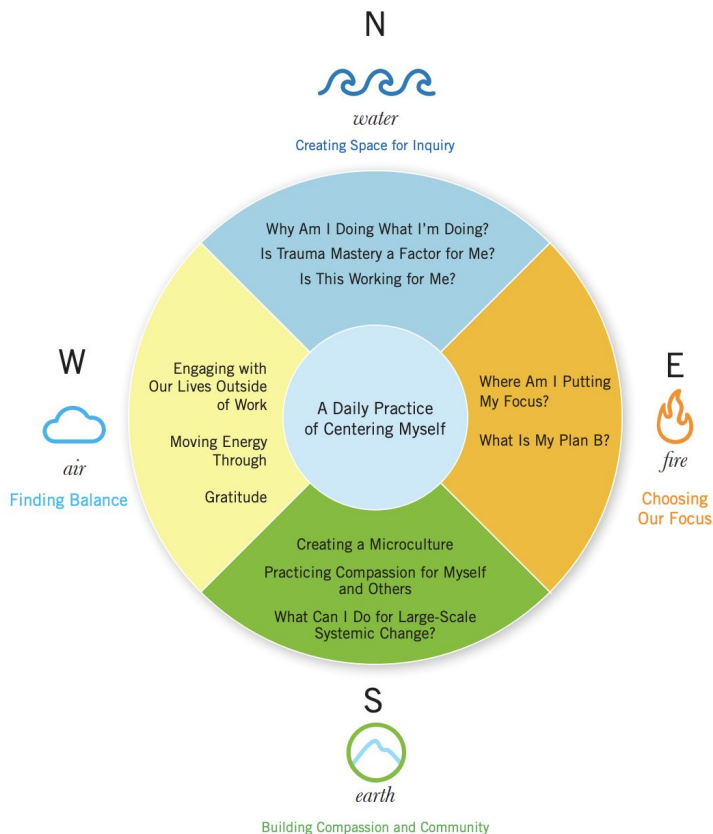


Physical Boundaries

- **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

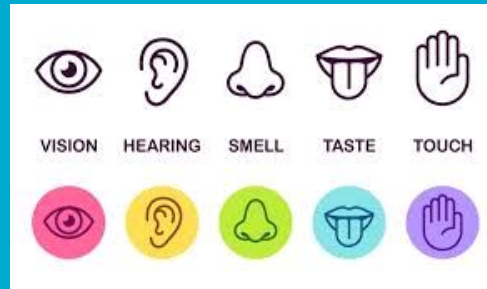
- Stretch
- Cardio movement: ABC Movement Game
- Shake it out
- Jump!

ABC's Movement Game

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

My Action Steps
For creating boundaries, breaks,
and balance at home

Using the template below, brainstorm, plan, and write action steps for how you want to foster healthy boundaries, breaks, and balance at home.

What guidelines, rules, or limits may help you build boundaries at home?

Boundaries

Which breaks are you committing to take today or tomorrow, and beyond? "I commit to ..."

Breaks

Ideally, what would balance look like for you at home? "I feel balanced when..."

Balance

greater richmond
SCAN
stop child abuse now

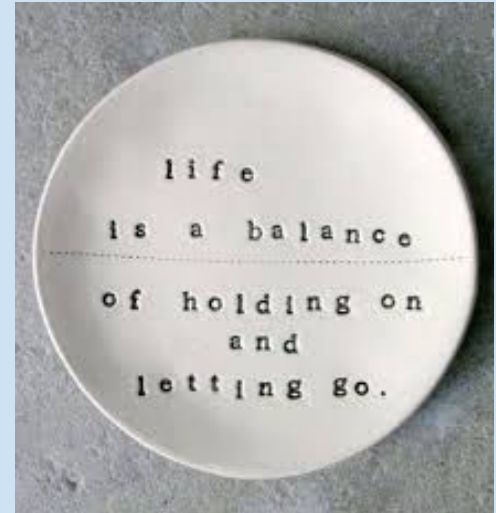
Poll:
How do you feel you are doing in the
area of balance?

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.

CO-REGULATION FOR YOUNG CHILDREN



Label

Teach the use of words to express emotions.



Model

Show waiting and self-calming strategies.



Redirect

Divert child attention to regulate behavior.



Support

Provide a warm, nurturing, supportive relationship.



Positive

Use positive reinforcements when rules are followed.



Clear

Set and maintain clear expectations and limits.

WWW.THESPEECHPRACTICE.COM

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?

My Action Steps
For creating boundaries, breaks,
and balance at home

Using the template below, brainstorm, plan, and write action steps for how you want to foster healthy boundaries, breaks, and balance at home.

Boundaries What guidelines, rules, or limits may help you build boundaries at home?

Breaks Which breaks are you committing to take today or tomorrow, and beyond? "I commit to..."

Balance Ideally, what would balance look like for you at home? "I feel balanced when..."

greater richmond
WSCAN
stop child abuse now

Remember...



Thank you!

Amanda Lynch

alynch@grscan.com



Breaks (Additional Resources)

Meditation Links

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

CDC (Stress & Coping Tips)

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Healthy Eating Tips: <https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html>
- Physical Activity: <https://www.cdc.gov/physicalactivity/basics/index.htm>
- Tips for Better Sleep: https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Tips for Parents

- <https://www.connecticutchildrens.org/coronavirus/strategies-for-parents-to-keep-calm-and-carry-on-during-covid-19/>

Movement Breaks

- 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>
- How to find balance in the midst of a crisis:
<https://www.absoluteadvocacy.org/covid-19-how-to-find-balance-in-the-midst-of-crisis/>
- 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/>
- Connecting with nature: <https://womenscenter.virginia.edu/2018/09/connecting-nature-wellness-balance>