

FAN as a Grounding Tool in Uncertain Times

Resource #1: ARC of Engagement

- Create safety and reduce stress with predictable rituals that give comfort and closure.
 - Have regular check-ins with team/families
 - Use the ARC to guide you on phone/zoom/Telemed contacts
 - Start with a Mindfulness Moment
 - Mid check in: Are we getting to what's most on your mind right now?
 - End: What's one thing that stood out that can ground you for the day?
- Your own regulation is the top priority. From the wisdom of a Fussy Baby dad, remember that to bring calm, we need to possess calm.
 - Use your <u>Pre-Contact Ritual</u> before each call, zoom meeting, or opening a challenging email. Use these ideas as a beginning and adapt to your uniqueness.
 - It can be a deep breath, grounding yourself in your chair, feet on the floor, picturing yourself solidly rooted to the earth.
 - o Build in <u>Post-Contact Rituals</u> at the end of an interaction or task.
 - It can be one cleansing breath or a wonderful stretch combined with self-talk to replenish: "That is complete for now" with thumbs up.
- Design your day with a beginning, middle, and, most importantly, a defined end.
 - Set your start time and end time, put these on your calendar and share with your colleagues, family and others important to you.
 - <u>Create a new morning ritual</u> to nourish you and replace your familiar one (listening to podcasts on your commute; your favorite coffee shop): Walk outside and take in the sunshine; brew a cup of your favorite tea and savor the warmth.
 With children at home, this may be as simple as three intentional breaths.
 - <u>Build in a true mid-day break</u>: move away from your home workstation and say: "I'm on break now." Take time to refresh yourself with something that brings pleasure. Go outdoors, do yoga, work on a puzzle. Eat slowly and enjoy each bite. You may need to care for children or pets. Make space for a moment for yourself. Be kind to yourself. What you can do today is what you can do today.
 - End your day in a formal way: Thank your computer for the help and close it with care. You may need to check emails or work more but know that you have put in a good day's work and can feel satisfied.
- Embrace self-compassion in all things. This is an uncertain time, not normal for any of us. Hold these suggestions lightly in your hand. This is the time to be kind to ourselves: to acknowledge how we feel, use gentle words and comforting thoughts to soothe and encourage ourselves. It's ok not to know. Resilience is finding the way through.

The regulating practices that you strengthen now can be a resource when the new normal arrives.