

PLANTING SEEDS OF **RESILIENCE** Group Dynamic Guidelines

When discussing vulnerable topics, it's important to maintain a healthy group dynamic. The following guidelines and hopes will help establish good group parameters! Feel free to discuss additions within your group.

- Invite feelings: Even if it's an action-oriented, problem-solving session, invite emotions to be expressed.
- Confidentiality: Group experiences can be meaningful, and there may be a natural urge to talk about these experiences outside the group. We recommend agreeing that what is shared in the group stays in the group, unless permission is given otherwise. This will help maintain a safe environment for all to feel welcome to participate freely.
- Use "I statements": Speak for yourself and from your own experience, rather than giving advice or trying to fix another. Being witnessed and received is one of the foundations for healthy growth with eco-anxiety and eco-grief.
- Share the air: Be sure that everyone who wishes to share has an opportunity to do so. This can be supported by a skilled facilitator, or the use of a timer or a "speaking object." It's important not to have cross-talk (side conversations 5 Emotional Resilience Toolkit for Climate Work while someone is speaking), or interrupt the person speaking unless it is a facilitator helping to manage the time or remind members about group guidelines. Participating in the individual or group aspect of the exercise is optional, but encouraged. Reminders to silence phones may be helpful.
- Practice self-care: This may mean briefly stepping out of the group if feeling overwhelmed or triggered. It's optimal to have a facilitator or other group member assigned to accompany anyone who may appreciate individual support.
- When deeper climate grief or anxiety is explored, we recommend beginning and/or ending with a self-care or resiliency exercise.