

LIFE AT YOUR PACE ROUND-TABLE DISCUSSION GUIDE

Summary: The Life at Your Pace Round-Table Discussion is a three round discussion, each round having its own separate rules and questions to promote both intentional listening and dialog. If you have less than nine participants, sit in one circle or be in one Zoom chat. If you have more than nine participants split up into groups of no less than five people either in circles or in Zoom breakout rooms.

Objective: Participants will reflect on their personal experiences with boundaries and the effect on their mental health and have the opportunity to participate in discussions about boundaries.

Suggested Length of Meeting: 60 minutes

Meeting Format: In-person, or via video meeting

Set Up

- **In-Person:** Print and cut the attached list of questions into individual slips. Place questions into bags labeled "Round 1" and "Round 2", respectively.
- **Virtual Alternate:** To host this event virtually, post the round of questions in the chat or on a slide that you present and ask the participants to take turns responding to one of the questions. Consider calling on people in alphabetical order so that the virtual "circle" stays consistent and everyone has a turn.

Introduction Talking Points

- Thank you all for coming! Healthy boundaries are a critical component of our mental health. Now, more than ever, as we navigate transitioning back into more in-person situations at our own, unique pace, communicating openly about our physical space and comfort level is of the utmost importance.
- Active Minds' new initiative Life at Your Pace is here as you make decisions around socializing, cope with the new normal, and advocate for continued flexibility and empathy you may have experienced during the pandemic. Today I will be facilitating the Life at Your Pace Discussion, a three round discussion designed to demonstrate healthy boundaries for listening and speaking in conversations. We will be talking about boundaries, mental health and the transition back to in person settings after COVID-19.
- So we are all on the same page, I would like to begin with a general definition of a boundary. In the physical world, boundaries are easy to see: fences, signs, walls that all visibly communicate "this is where my property begins." Personal and emotional boundaries are invisible lines, often verbally communicated, that show where one person ends and another person begins, leading to a sense of ownership.
- Let's explore with the following activity.

Round 1: Each participant picks a question from the bag labeled “Round 1”, reads it out loud for the group and then answers the question. These are individual reflection questions; no one is allowed to comment or answer someone else’s question. Simply go around the circle and have everyone answer their own question.

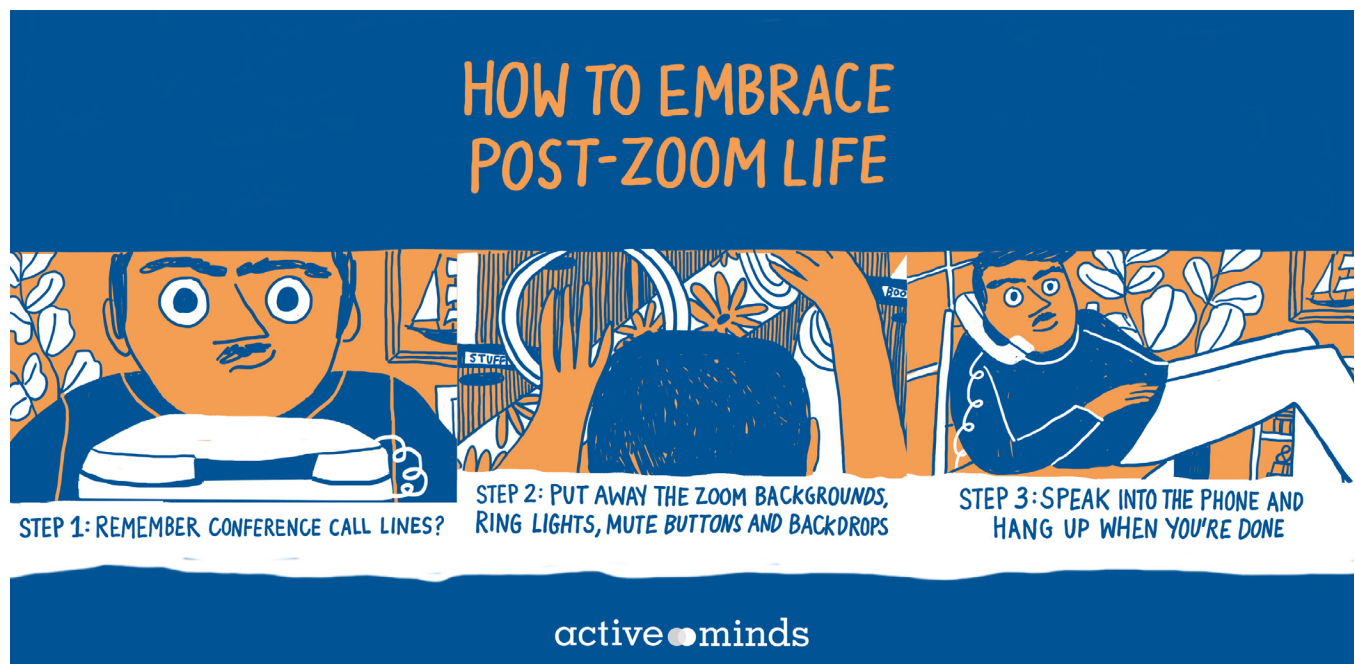
Round 2: Repeat using the “Round 2” questions.

Round 3: If there is more than one group, have the groups all come back together. Then share the following two questions with the group. Anyone in the group can answer the question in any order. “Passing” is always an acceptable option.

- Why are boundaries an important part of our mental health and wellbeing?
- In what ways can we be sure that we are proactive about respecting one another’s boundaries?

Facilitator Notes: Feel free to adapt this program, this is intended to be a resource for you! We recommend opening opportunities for participants to speak openly and share their experiences to whatever extent they feel comfortable.

Let us know how it went! We’d love to hear about your program via the Chapter Report.



ROUND 1 QUESTIONS

1. How have either bad or good boundaries affected your mental health?

2. Describe a time you set a boundary. What happened? How did people react?

3. What is a boundary you want to set but have not been able to yet?

4. How could setting a new boundary improve your mental health?

5. What is a boundary you have set with yourself for your own mental health?

6. Who is a role model in your life who sets and keeps good boundaries?

7. What is your personal definition of a boundary?

8. What is a sign in your life that tells you that you need to set a boundary?

9. Do people in your life (friends, family, co-workers) set good boundaries? Why or why not?

ROUND 2 QUESTIONS

1. How is boundary setting viewed in our society today? Is it praised or looked down upon? Acceptable? Unacceptable?

2. What are some barriers to setting boundaries students face that may impact their mental health?

3. What is the difference between a "boundary" and a "wall"?

4. What are some different ways that boundaries can be communicated?

5. What sort of mental health issues could setting boundaries help with?

6. What do you think a good metaphor for a boundary is? A boundary is like a _____

7. What is a good way to go about handling a situation where someone has crossed one of your boundaries?

8. How do boundaries foster respect, responsibility and trust?

9. What are some boundaries someone could set who is having a bad mental health day?
