



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 Pre-Contact Ritual 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.
 - Build in Post-Contact Rituals 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.
 - Create a new morning ritual 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.
 - Build in a true mid-day break: 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.**