

This is how the meetings ran

Things we are asking of you:

- That what is said in this group stays in this group, this is to be a safe place.
- Please turn your cell phones to vibrate or off.
- Feel free to pass from talking if you would like, we can always come back to you if you change your mind.
- Cry if you need to cry
- Laugh, it's ok to laugh
- Share what is in your heart/mind
- respect and accept others feelings both what you have in common and what is unique to each of you
- Allow everyone equal time to express themselves
- Avoid advice given, unless a group member specifically requests it.

What we are going to do/talk about:

- Perceived fear/ the threat of a threat
- Emotional survival
- My faith/beliefs are arguing with my emotions
- What is my anchor, what is the one truth I can always hang on too.
- A story about friendship
- Community common/unity what draws a community together

Starting the Meeting/Introductions

- What is your name and the department you are connected to?
- Share with us one or two words that say's how you are feeling
- Or pick one of the basic emotions and talk about how it relates to you.
- What is your biggest struggle (mind thoughts, what are you dwelling on?)
- How do you support yourself?
- How do you feel supported by others?
- What is going on for you right now?

Open Discussion

By using some of the words on the board,

- ask how people have worked through emotions before, times other than this.
(Such as)
- Have you ever been hurt, afraid, confused ect. before?
- How did you get past it?
- What helped you get there?
- Has anyone else ever felt that way?
- How did the next person get through it?

Closing Remarks

- What is the one word you have now?
- What can you do to challenge yourself to get out of where you are at?
- What is the one truth you can hang on to no matter what? Your anchor.