Links for Today’s Resources

Boundary Setting Tool:  
https://api.healthiergeneration.org/resource/1065

Action Center Sign Up:  
www.healthiergeneration.org/app
Fostering Individual and Collective Well-Being Through Boundaries

May 19, 2021
Housekeeping

- Everyone is muted upon entry.
- Use the “chat” feature to ask questions – set to “all panelists.”
- This webinar is being recorded.
- The slide deck and recording will be available within a week on our website kp.org/thrivingschools
Objectives

- Define what boundaries mean for you.
- Explain and complete the boundary setting framework/resource.
- Communicate some of your personal values.
- Make connections from personal boundary setting to collective boundary setting.
- Make a plan to set and communicate personal boundaries based on your values.
About Kaiser Permanente

217K employees and 22K physicians deliver high-quality care to members and on the front lines of COVID-19 response.

12.3M people get care + coverage from Kaiser Permanente.

8 regions
- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington

exceptionally prepared
- telehealth options
- consolidation to meet critical needs
- careful supply management

39 hospitals + 701 medical offices

Stay Well!

kp.org/thrivingschools
Kaiser Permanente supports schools in these unprecedented times

RECIProCAL IMPACT

Recognize health impacts educational attainment and education impacts life-long health.

CARING FOR THE EDUCATION COMMUNITY

Understand the education landscape has changed drastically in response to COVID-19.

ORGANIZATIONAL PARTNERS

Activating partnerships with school health experts to provide support to schools, districts, educators & families.
Fostering Individual and Collective Well-Being Through Boundaries
Today’s Presenters

Alexis Lassus
RISE Virtual Program Manager
She/Her

Jason Marshall
Social-Emotional Health Content Manager
He/Him
We’re on a mission to empower kids to develop lifelong healthy habits by ensuring the environments that surround them support their physical, social, and emotional health.
Grounding
Boundaries

Courage to live freely & be yourself

Courage to communicate to other parties

CREDIT: QUEERING PSYCHOLOGY
How have the events of COVID-19 disrupted your personal and professional boundaries?
Boundary Setting Tool

Setting and maintaining boundaries is key to our well-being. Use the following prompts to identify the boundaries you'd like to set. Remember to share these boundaries with your community to help foster a culture of care.

**I will say yes to:**
- Example: Signing off work at the end of the day

**Others may not:**
- Example: Call me outside of work hours

**I can ask for:**
- Example: Meetings to be scheduled with care

**I will guard my time and energy by:**
- Example: Doing an activity I enjoy after work

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Boundary Setting Tool

ADAPTED FROM: CHERYL RICHARDSON  http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
4 Box Boundary Setting

I will say ‘yes’ to:

__________
4 Box Boundary Setting

I will say ‘yes’ to:

Others may not:

ADAPTED FROM: CHERYL RICHARDSON
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
4 Box Boundary Setting

I will say ‘yes’ to:

_________

Others may not:

_________

I can ask for:

_________

ADAPTED FROM: CHERYL RICHARDSON
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<table>
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<th>I will say ‘yes’ to:</th>
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<th>I can ask for:</th>
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Jason’s Example

I will say ‘yes’ to:
- quality family time
during the evening

Others may not:
- schedule meetings
  after 4 pm

I can ask for: help
from my team to
adjust meetings

I will guard my time
and energy by:
- turning off work
  email/phone

ADAPTED FROM: CHERYL RICHARDSON
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
Setting Boundaries Can Be Difficult

I will say ‘yes’ to:  

_____________

Others may not:  

_______

I can ask for:  

_____________

I will guard my time and energy by:  

_____________

ADAPTED FROM: CHERYL RICHARDSON  
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
Breathe & Visualize

- How would it feel for you to hold your boundaries?
I Will Say “Yes” To:
Using Values to Determine Your Yes

Our values are deeply held personal codes that reflect our ethics.

Using Values to Determine Your Yes

Our values are deeply held personal codes that reflect our ethics.

Our values orient, drive, and anchor us.

<table>
<thead>
<tr>
<th>Acceptance</th>
<th>Community</th>
<th>Focus</th>
<th>Imagination</th>
<th>Order</th>
<th>Sharing</th>
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<td>Achievement</td>
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<td>Forgiveness</td>
<td>Independence</td>
<td>Passion</td>
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<td>Excitement</td>
<td>High-Expectations</td>
<td>Leadership</td>
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<td>Fairness</td>
<td>Hope</td>
<td>Making-a-Difference</td>
<td>Risk-Taking</td>
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<td>Collaboration</td>
<td>Family</td>
<td>Humility</td>
<td>Meaningful-Work</td>
<td>Self-Respect</td>
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<td>Commitment</td>
<td>Flexibility</td>
<td>Humor</td>
<td>Mindfulness</td>
<td>Service</td>
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*Use the chat box to share.*
Share Out

What will you say yes to?

Use the chat box to respond.
Other’s May Not:
What gets in the way?

1. I feel awkward.
2. I’ve never done it before.
3. The moment isn’t right.
4. My feelings are too big in the moment.
5. Power dynamics.
7. Systems of oppression.
8. Other
What keeps you from saying “No”?

1. I feel awkward.
2. I’ve never done it before.
3. The moment isn’t right.
4. My feelings are too big in the moment.
5. Power dynamics.
7. Systems of oppression.
8. Other

Use the chat box or come off mute to respond.
I Can Ask For:
Alone, we can do so little.  
Together, we can do so much.

HELEN KELLER
What Accountability Partners Do
What Accountability Partners Do

Help Think Creatively
What Accountability Partners Do

Help Think Creatively

Celebrate Success
What Accountability Partners Do

- Help Think Creatively
- Celebrate Success
- Provide Support
What Accountability Partners Do

- Help Think Creatively
- Celebrate Success
- Provide Support
- Stay Focused
What Accountability Partners Don’t Do

1. Make you feel embarrassed or ashamed
2. Offer advice (except when asked)
3. Give too much permission
4. Talk about you or your goals to others
Take action!

I can ask __________ for __________.
I Will Guard My Time and Energy By:

__________________________
Share Out

What is one way you will guard your time and energy?

Use the chat box to respond.
We’re here for you  https://api.healthiergeneration.org/resource/1065
How will you integrate this into your school culture?

Use the chat box to respond.
Join our upcoming webinars in the series

May 26  | Modeling the Path to Self-Regulation for Students Through Me Moments

Recordings available on past topics, including:
- Panel: Stories of the Next Normal from our Schools, Districts, and Families
- State Policies and Programs to Support Student Health
- District Policies and Programs to Support Student, Staff, and Teacher Health

kp.org/thrivingschools
Additional resources

Available now at kp.org/thrivingschools

• Download the Planning for the Next Normal at School Playbook

• Sign up for future webinars

• Take and share our engaging, interactive e-learning modules for educators – Ready, Set, RISE!

Coming soon:

• Find the slide deck and recording of this webinar (within a week)
We want to hear from you

• Two easy options:
  • Open your smartphone camera and focus it on the QR code and then click on the notification that pops up
  • Use the link - https://survey.alchemer.com/s3/6253025/Reset-for-Readiness