



Connecting With Our New Virtual Reality & Establishing Balance Online

1

CONNECT WITH YOURSELF

Take a few moments before clicking "join meeting" to settle and ground your attention in the present.

- Take a few breaths
- Feel your body on the chair
- Notice whatever is present in your mind and allow yourself to arrive fully in the space you are in
- If you're feeling unsettled or anxious place your hand on your heart and feel it beating, know that you will be okay in this moment and acknowledge your feelings in a compassionate manner

2

CONNECT WITH OTHERS

Take time to truly greet the others 'in the room', if you are the host then start with a check-in round.

- Give a moment for each person to share how they are feeling
- Allow yourself to connect with others and where they are at with empathic concern

3

TO VIDEO VIEW OR NOT TO VIDEO VIEW?

Video view is AN OPTION, YOU HAVE THE CONTROL. Be conscious of how you can get distracted by seeing yourself (and judging yourself) on screen. Don't use video view if it adds anxiety and self-criticism to your life

A NEW WAY OF DOING 4

- We need to accommodate & accept this new way of doing. Imagine life in a pandemic without online tools to connect us!
- Let's try balance the clear benefits of online communication while also looking after our mental and emotional wellbeing

