



Regions IX–X TANF Technical Assistance Virtual Meetings
**NAVIGATING NEW PATHWAYS TOWARDS
BUILDING THRIVING COMMUNITIES**



Monday, February 22, 2021 • Tuesday, March 9, 2021 • Wednesday, March 24, 2021

Interrupting the Impact of Traumatic Stress Peer Breakout Instructions

Resilience-Building Resources for State TANF Program Staff

Breakout #1: Connecting People and Purpose

Discussion Question:

“Why is it deeply meaningful or important to be in this conversation about interrupting the impact of traumatic stress on the workforce AND building resilience for...

...you, personally

...the team you work with

...the organization you work in

...BONUS: the community and families you serve.”

Guideposts:

Instructions:

1. Select a timekeeper, discussion leader, reporter, and recorder.
2. Each person takes 1-2 minutes to share their responses to all questions above.
3. Share in alphabetical order from A-->Z by first name.
4. Recorder to note common themes.
5. Reporter to be prepared to share common themes with the larger group.



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Breakout #2: Making the Connection

Discussion Question:

“What symptoms of stress do you see in...

...yourself?

...your team?

...your program or agency?

...BONUS: identify the triggers you notice most frequently in yourself.”

Guideposts:

Instructions:

1. Select a timekeeper, discussion leader, reporter, and recorder.
2. Each person takes 1-2 minutes to share their responses to all questions above.
3. Share in alphabetical order from A-->Z by first name.
4. Recorder to note common themes.
5. Reporter to be prepared to share common themes with the larger group.



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Breakout #3: Making the Connection

Building Your Self-Care Plan

- 1. What does stress look like in me? My team?*
- 2. From today's presentation, what tools will I use to help me handle stress better?*
- 3. What about my team? What tools could I use to help my team manage stress better?*
- 4. What 1-2 strategies will I put in place for a self-care plan for my: self? team? program? How will I know my plan is working?*

Guideposts:

Instructions:

1. Don't skip over the first prompt...begin with you.
2. Take a few minutes to review your notes from today.
3. Select a timekeeper, discussion leader, reporter, and recorder.
4. Each person takes 2-3 minutes to share their responses to all questions above.
5. Share in chronological order from A-->Z by first name.
6. Recorder to note common themes.
7. Reporter to be prepared to share common themes with the larger group.