

Workbook Guidelines for Flourish

The workbook is optional.

You do not need to complete it before sessions or use it at all.

It is simply an extra resource you can return to in your own time.

These guidelines **actually** apply to all Flourish workbooks, courses, and groups. They are designed to help you engage with learning, reflection, and community work in a way that supports your nervous system and personal boundaries.

Before You Begin

- Make sure you have a calm or familiar environment, a drink, and any sensory supports you use (fidget, blanket, movement space).
- Give yourself time to arrive. You do not need to start immediately or finish in one sitting.
- Skim the material first so you know what to expect.

While You Participate

- You may **pause, skip, or modify** any exercise or reflection.
- Use breaks, stretching, or movement to stay regulated.
- Keep grounding or sensory tools nearby (music, touch objects, temperature change, breathing).
- If you feel activated or disconnected, step away and re-enter when you feel steadier.

After Participation

- Notice how you feel physically and emotionally.
- Drink water, stretch, or do a brief activity that helps you return to the present moment.
- Avoid rushing into the next task; give yourself time to integrate.

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Support and Boundaries

- Reach out to a therapist, peer, or trusted person if content brings up difficult emotions.
- Flourish materials are educational and supportive, not crisis or therapy services.
- You are responsible for your own pacing and participation choices.

Confidentiality and Respect

- What others share in Flourish groups or community spaces stays private.
- Listen without advice-giving unless requested.
- Assume differences in background, identity, and regulation needs.

Accessibility Notes

Use screen readers, print versions, or alternative formats as needed.

Reminder

Learning and reflection require safety, pacing, and choice.

Take care of your body first. This program is designed so that you will benefit from it however you decide to participate. You do not need to do anything perfectly.