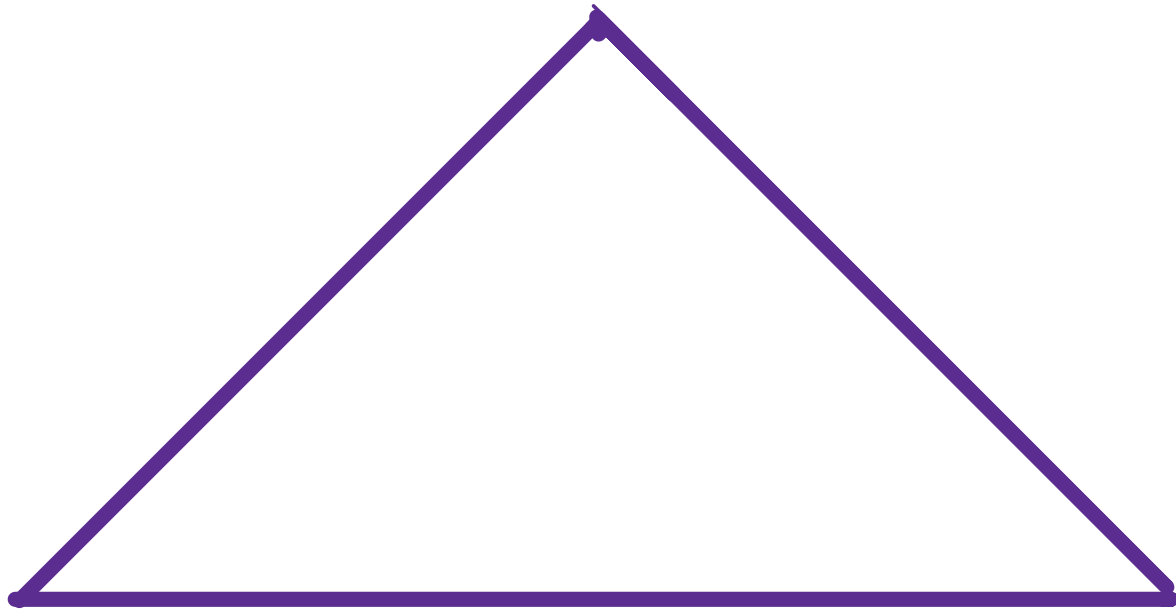


When working in a group on a topic, to function effectively it is important to keep the balance between:

Expressing and sharing what I feel and need.
Caring for myself.



Listening what other members
of the group might feel and need.
Caring for the group.

Taking into account what
our project might require.
Caring for the project.

Note:

First make sure to keep self-care.

Same time keep the group and the topic in mind.

When not having the capacity to do so, first care for yourself.

You can always ask for support (empathy students).

Reflection:

You are invited to talk about how you were caring for yourself, the group and your project today. Could you keep a balance?