

## **Action for Happiness Brighton – ground rules for Latest Bar meetings.**

This is a short version for Latest Bar meetings; there is a fuller version available<sup>1</sup>

Paul Tofts revised Sept 30<sup>th</sup> 2022

1. Please be engaged with the meeting; give it your attention and respect, use your phone as little as possible.
2. In group discussion keep your contributions short, positive and relevant to the topic of the meeting.
3. Be aware that there is no formal mental health support here. Be wise about how much you decide to open up. If you are vulnerable or ill, this may not be the place for you. This is not a therapy group.
4. Please be kind and considerate to everyone else in the meeting. For example, do not bring in food (small snacks are OK), and do not roll-up (yes some people have tried!).
5. Take care of your own safety and comfort. There is no need to answer a question if you do not want to. Speaking is an option not an imperative! If you feel like leaving that is also fine (though you could first try breathing deeply to relax for two minutes!).

Ground Rules used by AfH 10 Keys Groups (summary):

1. We really listen to each other
2. We focus on what is working well
3. We are open about our feelings
4. We practice safe boundaries
5. We maintain a spirit of kindness

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<sup>1</sup> See [www.actionforhappinessbrighton.org.uk](http://www.actionforhappinessbrighton.org.uk)