

**Directions:** You each have a packet on your table with three slips of paper and a set of sticks. For this exercise, each stick represents a piece of our bandwidth. This can be anything that uses your time, energy, resources, etc. We start each day with a finite amount, much like the sticks represented here. Your daily routines take some bandwidth, as do unexpected, problematic, or crisis situations.

As a group, read through each portion of the day (starting first with the morning) and decide how many sticks of bandwidth the person uses. Then go on to the next part of the day (don't read ahead!). At the end, see if you have any sticks left, or what tradeoffs you have to make.

*Scenario 1:*

**Morning:** You get up in the morning to a sick child. After going through your normal routine to get ready for work (which you can't miss), you have to call babysitters to see if someone can come over on short notice- which you'll pay more for. Someone is able to come, but you're already running late for work and traffic is bad. You feel bad leaving your sick child, but if you miss work you might lose your job.

**Afternoon:** You've been busy with customers all day at work and haven't had time to check in with the babysitter. Your boss was mad that you were a few minutes late. He tells you that if you leave to meet with your case manager, like you planned, your pay will be docked (and that babysitter cost a lot more than you have). You decide not to go, putting your benefits at risk.

**Evening:** On your way home you remember that your child needs medicine picked up from the pharmacy, so you have to turn around. You get home and realize there's nothing for dinner, so you take your child with you to the store, even though you're both exhausted. Now that you missed your meeting, you're constantly worrying about what will happen with your benefits and whether you'll be able to reschedule your meeting.

*Scenario 2:*

**Morning:** You wake up, get the kids ready for school, drop them off at the bus stop, get ready for work, and make it out of your apartment with just enough time to make it to your work placement. On your way, you get a flat tire and have to wait for the bus, which is late (as always). You get written up for clocking in to your shift late.

**Afternoon:** Because of your hectic morning, you've felt anxious and depressed all day. You feel like juggling work and kids is too hard and can't see how you'll keep doing it, but you need money to fix your flat tire and get school supplies for the kids. You call your therapist for support but she's not in the office. Your boss asks if you can come in early the next day and you say yes, fearing what will happen if you disagree.

**Evening:** You pick the kids up and are trying to help them do their homework when you notice something slipped under the door. It's a notice from the water company that you have 5 days to pay your past due balance or your water will be cut off. Now you know you have to keep going to work, even though it's getting harder every day. A reminder pops up on your phone that you need to meet with your case worker tomorrow morning, but you already told your boss you would come in to work early.

*Scenario 3:*

**Morning:** You and your children have been living with your sister since moving out of your boyfriend's apartment. You are scheduled to go into work at 9am, after getting the kids ready and taking them to school and daycare. However, at 8am, your case manager calls and tells you an apartment is open to view but only if you can go this morning at 10am. You don't want to miss work, but you also really need to find a place to move.

**Afternoon:** You decided to go into work instead of going to see the apartment since you didn't want to risk losing your job. Now all you can think about is the chance you've missed out on and you feel distracted at work, causing you to give poor customer service, which your supervisor mentions.

**Evening:** As soon as you get off work you pick the kids up from after-school and take them home to do their homework and get dinner started. Your sister comes home and you tell her about the apartment you didn't go see. She gets mad and tells you that you need to get serious about moving and gives you 30 days to find a place or you can't stay with her.

*Scenario 4:*

**Morning:** You wake up, get ready for work, get the kids ready for school, and start to leave the house. You are getting ready to go into your job as a case manager when your phone pops up with a calendar alert and you realize you have two clients scheduled for the same time, as soon as you get into the office. After making your way through traffic, you arrive to find both clients agitated. You explain your mistake, but both want to see you immediately and neither will reschedule.

**Afternoon:** Between your scheduling mixup and a team meeting that went late, you didn't have time for lunch and are feeling stressed out. Your daughter's school calls and says she got in trouble and needs to be picked up early. You can't leave work, so you have to call a friend to get your daughter and plan on talking more to her about this when you get home. You also have to meet with a co-worker to do a peer evaluation today and are anxious because you have a lot of constructive feedback to give.

**Evening:** When you finally make it home, your daughter won't talk to you about what happened at school and your son tells you he has a project due for school tomorrow that he hasn't started yet. You don't want to reward his procrastination, but you are exhausted so you end up doing most of the work for him just to make sure it gets done. You don't get to bed until much later than planned and will only get a few hours of sleep before starting all over again.