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# The Power of (Re)Contextualization: An Essential Tool for Work-Life Balance

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## (Re)Contextualization is:

... a lifelong practice where we receive information about our context (at the intersection of reflexive environments) and practice integration of information into knowledges/practices

## Tips for how to practice (Re)Contextualization

- **Practice psychological flexibility**
  - Ask yourself, “Am I open and willing right now?”
- **Notice!**
  - Everything is information to work with (e.g. feelings, experiences, somatic responses, etc.)
  - Ask yourself, “What did I notice?”
- **Integrate information and respond accordingly**
  - Ask yourself, “What can I do with this information and how can it inform how I move within my context?”
- **Repeat!**

## Example/prompt

Think of a difficult experience that you have had at work recently that has had an impact on you... think of the qualities of that difficult experience. What was the context? What contributing factors were in your power/control? What contributing factors were out of your power/control? How have you been holding space with that information? How will you hold space with that information moving forward?