

THE COMPASSION FATIGUE RESET, REFRESH RECONNECT PROGRAM

COURSE 6 REFLECT AND RECONNECT COURSE WORKBOOK



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Element 1 – Reflect and reconnect

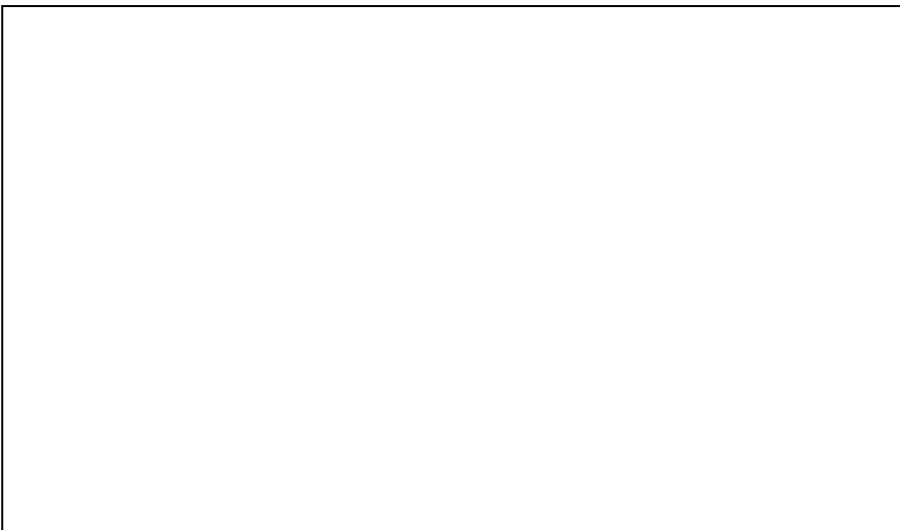
Activity 1 – Refresh your garden

Take a moment now to refresh your garden. You might like to create a new garden or add, enhance or remove items from your current garden.



Activity 2 – Reflection on motivation

Reflecting on motivation, capture what was recalled, how might it relate?



Activity 3 – Your motivation

Take a moment to consider your motivation. Capture what motivates you to care for others here. .





Element 2 – Review and renew

Activity 4 – Debriefing considerations

Take a moment to consider your experiences and learning about debriefing (self or with others)
Capture how you might debrief after situations in care.



Activity 5 – Self-debriefing

Consider a situation, event or interaction. Apply the 3-step self-debriefing process to this situation, event or interaction and capture here.



Activity 6 – Consider supervision

Consider supervision. Share how supervision might support caring for others?

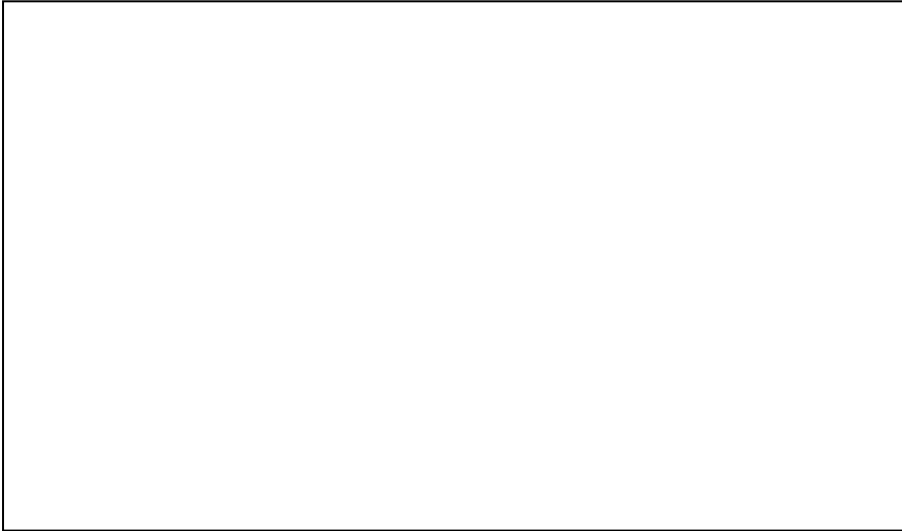




Element 3 – Refresh

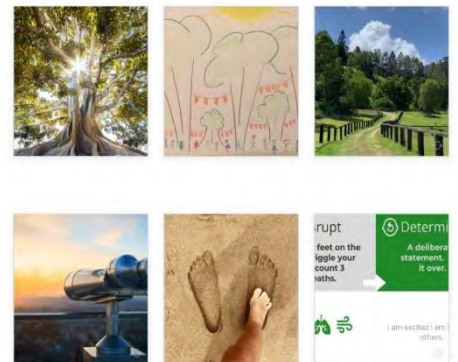
Activity 7 – My learning

Consider, locate, or create an image that best represents what you have learned.



Activity 8 – Resources reflection

Reflecting on the resources, what resources stand out?



Activity 9 – Your new mission

In this mission, you will select a new resource each day to practice. In this mission, you will reflect on where you are at, prior to practicing the resource and capture what was experienced. Enjoy.

Day 1

Date: _____

Identify a resource to practice today. Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.



Day 2

Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.

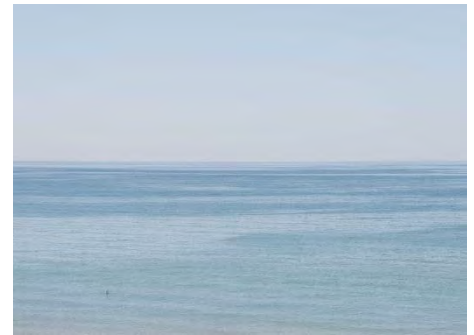


Day 3

Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.



Day 4

Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.



Day 5 Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.

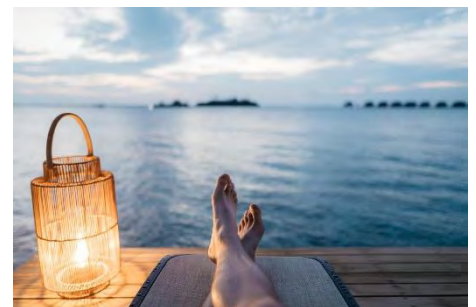


Day 6

Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.



Day 7

Date: _____

Identify a resource to practice today.

Before commencing, using the image identify what part of that image best represents where you are at in the moment, practice your resource then identify where you are at after practicing your resource and capture what was experienced.



Activity 10 – Commitment

Your commitment is drawn from your motivation this might be to continue to care for others and/or experience in new ways. Take a moment to consider the following:

- What will your life look when you are practicing a resource learned each day?
- How will your life change?
- What will your life look like when you are not practicing a resource learned each day?
- How won't your life change?

Reflect and consider your commitment and capture here.





Element 4 – Reset

Activity 11 – Making a difference

Consider a moment when you made a difference.

What was the situation? What influenced? What was noticed?

Reflect on that moment now and capture here.



Activity 12 – Consider driving

Consider and capture when you were learning to drive, what was experienced? What stood out?

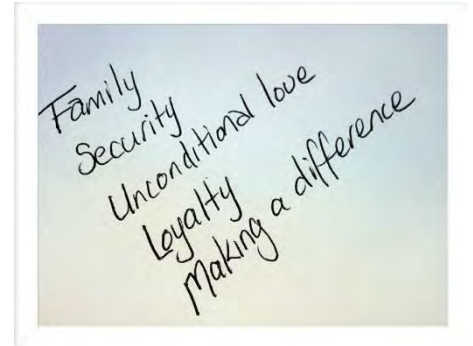
Consider your driving now. Anything stand out?



Activity 13 – recall your values

Recall your values.

Consider and capture how present are these values in my day? What did I do today to uphold these values?
How might these values support my success in forming new habits?





Element 5 – Experiences and the ripple effect

Activity 14 – Ripple effect

Consider a time when the ripple effect has been noticed. Capture what was happening, what stood out and what surprised.



Activity 15 – Experiences

Throughout this course, you have had many experiences. Take a moment now and consider the experiences, and capture what you will continue.







*“Developing people and resilience in unique contexts
saves and enriches lives.”*
- Michelle Black, Elegrow.

www.elegrow.com.au
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