

THE COMPASSION FATIGUE RESET, REFRESH RECONNECT PROGRAM

COURSE 4 PRESENCE COURSE WORKBOOK



Copyright

This workbook is for participant use only. No part of this workbook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or use of any information storage or retrieval system, for any purpose without the express permission of Michelle Black, ELEGROW® Pty Ltd ABN: 13612218452.

Contents

| | |
|--|-----------|
| Element 1 – Presence | 2 |
| Activity 1 – What does presence mean to you? | 2 |
| Element 2 – About mindfulness | 3 |
| Activity 2 – Divided attention | 3 |
| Activity 3 – Mindfulness reflection | 3 |
| Element 3 – Mindfulness practice | 4 |
| Activity 4 – Mindfulness body scan reflection | 4 |
| Activity 5 – Mindfulness eating a berry reflection | 4 |
| Activity 6 – Mindfulness observation reflection | 5 |
| Activity 7 – Mindfulness movement reflection | 5 |
| Activity 8 – Mindfulness in life and care | 6 |
| Element 4 – Facilitating mindfulness | 7 |
| Activity 9 – Facilitating mindfulness reflection | 7 |
| Activity 10 – Jenna’s experience | 7 |
| Element 5 – Integrating mindfulness | 8 |
| Activity 11 – Waiting | 8 |
| Activity 12 – In the shower | 8 |
| Activity 13 – In between activities | 9 |
| Activity 14 – In meetings, handing over to another | 9 |
| Activity 15 – Walking | 10 |
| Activity 16 – Mindfulness moments | 10 |
| Activity 17 – Mindfulness body scan | 11 |
| Element 6 – Continuing your practice | 12 |
| Activity 18 – Consider your experiences | 12 |
| Activity 19 – Mindfulness mission | 12 |

Element 1 – Presence

Activity 1 – What does presence mean to you?

Consider and capture: what presence means to you? What does it look like, feel like? What do you notice when you are present?

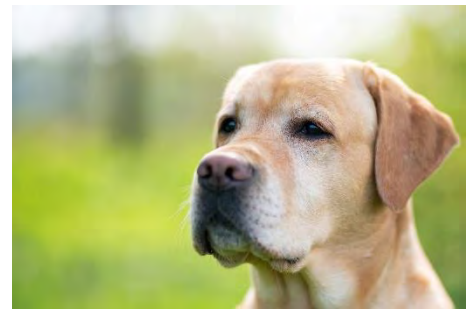




Element 2 – About mindfulness

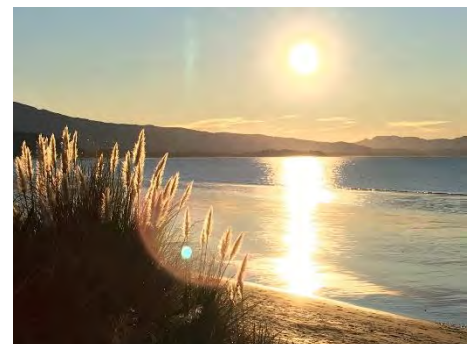
Activity 2 – Divided attention

Consider times that you have had to divide your attention between many concerns at once, unable to be fully present with any. Capture a time when you have experienced dividing your attention. What was the experience.



Activity 3 – Mindfulness reflection

Reflect and capture how mindfulness might improve presence in your context of caring for others and life experiences.





Element 3 – Mindfulness practice

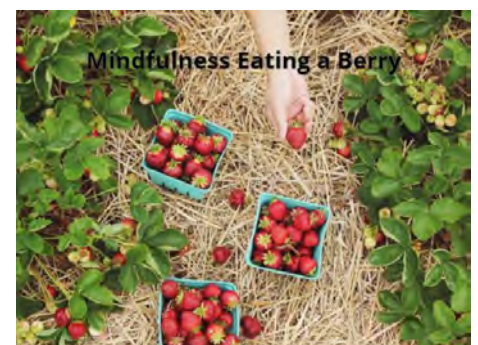
Activity 4 – Mindfulness body scan reflection

Reflect and capture what was noticed during the mindfulness body scan.



Activity 5 – Mindfulness eating a berry reflection

Reflect on the mindfulness eating a berry activity and capture your experience.



Activity 6 – Mindfulness observation reflection

Reflect on the mindfulness observation activity and capture what stood out.



Activity 7 – Mindfulness movement reflection

Reflect on the mindfulness movement activity and capture what stood out.



Activity 8 – Mindfulness in life and care

Take some time now to consider your learning about mindfulness.
Capture how might mindfulness assist life experiences, well-being and sustaining your capacity to care for others?





Element 4 – Facilitating mindfulness

Activity 9 – Facilitating mindfulness reflection

Reflect on your experience facilitating mindfulness and capture - what was noticed, or what surprised?



Activity 10 – Jenna’s experience

Consider and capture how 3 minutes of mindfulness might influence Jenna's experience.





Element 5 – Integrating mindfulness

Activity 11 – Waiting

Reflect and capture the activity and what was noticed.



Activity 12 – In the shower

Reflect and capture the activity and what was noticed.



Activity 13 – In between activities

Reflect and capture the activity and what was noticed.



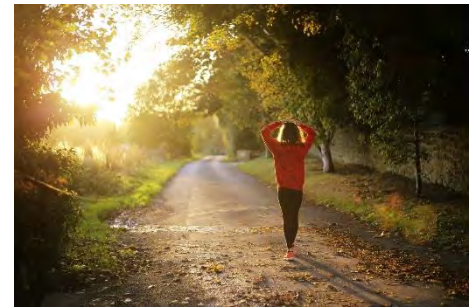
Activity 14 – In meetings, handing over to another

Reflect and capture the activity and what was noticed.



Activity 15 – Walking

Reflect and capture the activity and what stood out?



Activity 16 – Mindfulness moments

Consider and capture what mindfulness moments stand out and how you will integrate mindfulness moments into everyday life or care.



Activity 17 – Mindfulness body scan

Reflect on your experiences practicing mindfulness moments, capture what was noticed?





Element 6 – Continuing your practice

Activity 18 – Consider your experiences

Take a moment to reflect on your experiences. Capture what was easy? What was difficult? What was different?



Activity 19 – Mindfulness mission

Consider the mindfulness learned throughout this course; capture what stood out, was noticed or what surprised.

Day 1

Choose a mindfulness activity to practice today. Capture what stood out.

Date: _____



Day 2

Choose a mindfulness activity to practice today. Capture what stood out.

Date: _____



Day 3

Choose a mindfulness activity to practice today. Capture what stood out.

Date: _____



Day 4

Date: _____

Choose a mindfulness activity to practice today. Capture what stood out.



Day 5

Date: _____

Choose a mindfulness activity to practice today. Capture what stood out.



Day 6

Choose a mindfulness activity to practice today. Capture what stood out.

Date: _____



Day 7

Choose a mindfulness activity to practice today. Capture what stood out.

Date: _____



Activity 20 – Continuing your practice

Consider and capture how you will integrate mindfulness practice in life and caring for others.





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

www.elegrow.com.au
www.compassionfatigue.care