

THE COMPASSION FATIGUE RESET, REFRESH RECONNECT PROGRAM

COURSE 3 FINDING STILLNESS COURSE WORKBOOK



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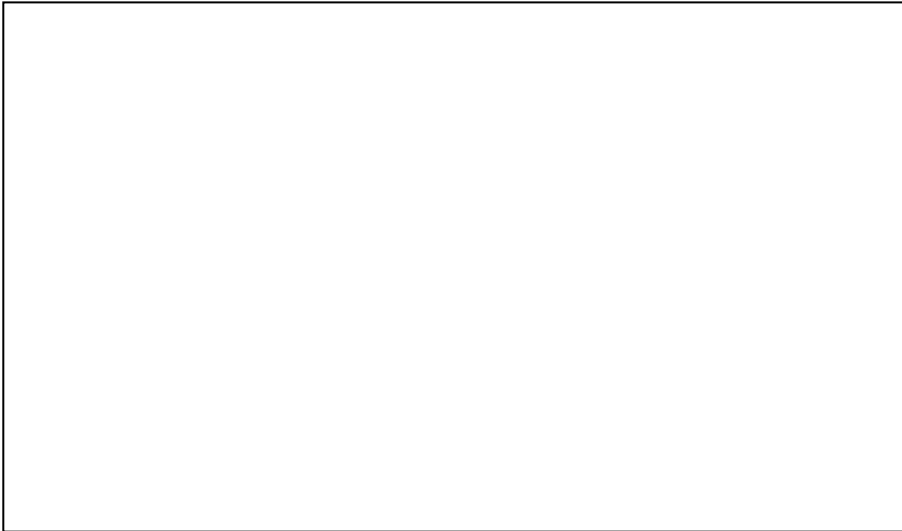
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Element 1 – Finding Stillness

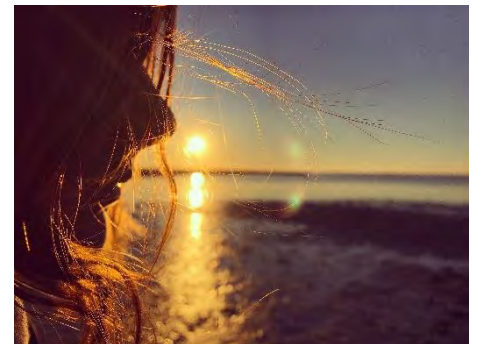
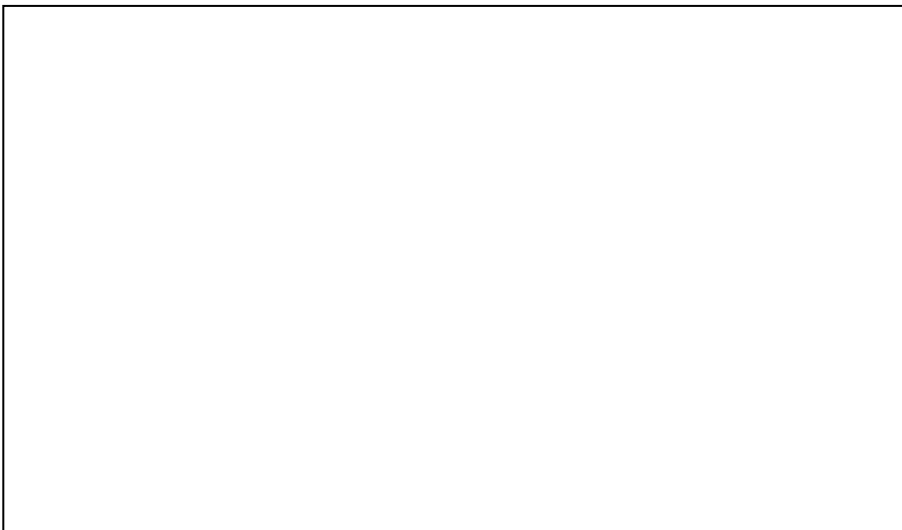
Activity 1 – The garden

Draw an image of your garden and tell us about your experience.



Activity 2 – Finding stillness reflection

Consider for a moment, what you would like to learn as you participate in this course and share here.





Element 2 – Values

Activity 3 – Personal values

List your personal values and tell us about your experience.



Activity 4 – Values in care

List your values in care and tell us about your experience.



Activity 5 – Values reflection

Take a moment now to reflect on establishing your personal values and your values when caring for others.





Element 3 – Boundaries

Activity 6 – Driving

Consider driving on a busy highway. Share your considerations of what might your experience be, how might this experience affect others.



Activity 7 – Boundaries experience

Consider what was noticed in the boundaries activity, what was similar, what was different.

Share your experience here.



Activity 8 – Boundaries decision roadmap experience

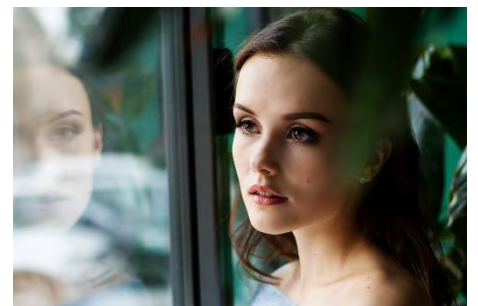
Share how the boundary decisions roadmap may support your boundary decisions in care.



Activity 9 – Sarah’s experience

Using the boundary decisions roadmap, consider a boundaries decision that might help Sarah to facilitate boundaries at work.

Share what Sarah's boundary decision might be.



Activity 10 – Assertiveness

Share how the five principals of assertiveness might help Sarah to communicate her boundary decision.



Activity 11 – Considered conversation

Consider a conversation you would like to initiate. It can be about boundaries or about something else. Plan the conversation using the considered conversations framework.



Activity 12 – Boundaries reflection

Take a moment now to reflect on what was learned and how the learning can be used in everyday life and care.





Element 4 - Relaxation

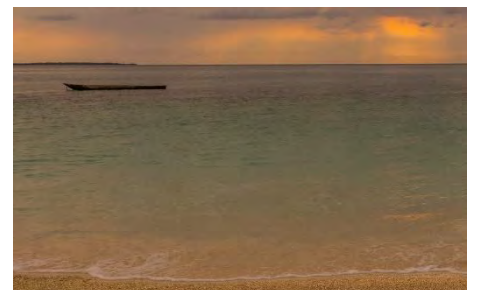
Activity 13 – Reflect

Take a moment to reflect on Jodi's experience. Then share how you like to relax.



Activity 14 – Advantages of the breath

Consider and share your experience activating the parasympathetic nervous system using advantages of the breath.



Activity 15 – Progressive muscle relaxation

Consider and share your experience of progressive muscle relaxation.



Activity 16 – Guided meditation

Consider and share your experience of the guided meditation.



Activity 17 – Relaxation reflection

Take some time now to reflect on your learnings and experiences in this element.





Element 5 – Sleep

Activity 18 – Sleep experience

Consider your sleep over the last week, last few days or over the last month. Share your sleep experience/s here.



Activity 19 – Sleep hygiene

Consider the sleep routine checklist and share what elements of the checklist are working for you and what elements you might consider.



Activity 20 – Sleep meditation experience

Share your sleep meditation experience here.



Activity 21 – Reflection

Reflecting on your learnings in this element, recall Brian's experience. What learnings may help Brian improve sleep?





Element 6 – Momentum

Activity 22 – Self-care consideration

Take a moment now to consider the following:

- What will your life look like when you are practicing self-care?
- How will your life change?
- What will your life look like if you do not practice self-care?
- How won't your life change?

Consider and share what stood out.



Activity 23 – Momentum mission

Welcome to your finding stillness mission. Follow the steps outlined and enjoy starting your mission today.

In finding stillness you have learned about values, boundaries, progressive muscle relaxation, advantages of the breath, meditation and improving sleep. This mission provides you with an opportunity to choose from your learning an area of focus and practice each day.

This might be facilitating boundaries, increasing your awareness of how you use your values in everyday life and care. It can be choosing to use the meditation, improving sleep, progressive muscle relaxation or advantages of the breath resources.

Choose the resources you wish to practice each day, refresh your learning of the resource, use the resource and share your experience.

Share what resource was used and your experience.

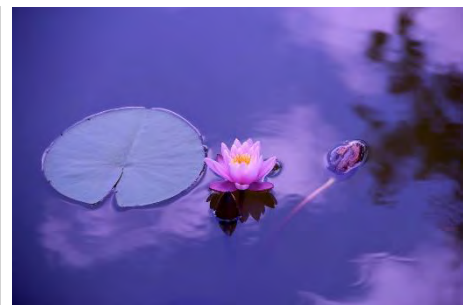
Day 1

Date: _____



Day 2

Date: _____



Day 3

Date: _____



Day 4

Date: _____



Day 5

Date: _____



Day 6

Date: _____



Day 7

Date: _____



Activity 24 – Reflection

Take a moment now to reflect on what was learned throughout finding stillness? What stood out? and what surprised?





*“Developing people and resilience in unique contexts
saves and enriches lives.”*

- Michelle Black, Elegrow.

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