

Step 1: Reflect on Your Emotional and Mental State During Trauma Exposure (or while providing services)

Take a moment to pause and reflect on how you feel in the moment as you are listening to an individual's traumatic story or experience, or as you are walking down the street witnessing distressing situations.

These exposures can trigger a wide range of emotions and responses, and it's important to tune into how they are affecting you.

Reflect on the following:

- How am I feeling in this moment?
- Checking in with my body, are there any physical sensations standing out to me?
- What impact has this exposure had on me?
- What is my mental and emotional capacity right now?
- Am I being mindful of my own needs in this moment?

Remember that tending to your own well-being doesn't take away from your capacity to provide care or support to others—it strengthens it.

Which habits would you like to keep or change?

Habits I want to keep:

Habits I want to change:

Step 2: Reflect on Your Current Coping Strategies

Noticing how you feel in this moment, take some time to identify how you currently manage stress and emotional challenges. Circle or write down examples:

Healthy Coping Strategies:

- Seeking support from colleagues, friends, or family
- Practicing mindfulness or meditation
- Setting boundaries
- Engaging in hobbies or exercise
- Eating well and maintaining a sleep routine

Unhealthy Coping Strategies:

- Overworking or avoiding emotions
- Using substances to manage stress
- Isolating from others

Step 3: Assess Your Protective Factors

On a scale of 1–5 (1 = Not at all, 5 = Very much), rate how much these protective factors are present for you:

- I feel supported by colleagues and leadership.
- I have autonomy and control in my work.
- I have a diverse workload that helps balance emotional stress.
- My workplace acknowledges and validates mental health challenges.

Reflect: What could you do to enhance these protective factors?

Step 4: Plan to Build Resilience

Use the prompts below to create a personalized plan.

One mindfulness exercise I will try: _____

A technique to process my emotions: _____

A small change I'll make to improve my health: _____

A fun physical activity I'll try this week: _____

One boundary I'll set at work: _____

One activity I'll prioritize outside of work: _____

Step 5: Create A Resilience Statement

Write a short affirmation or intention to guide your resilience journey:

I will prioritize my well-being by: _____

Step 6: Action Steps for Support

A person I'll reach out to for support: _____

A mental health professional I can connect with: _____