

Understanding My Current Practice

What's already working?

A strategy I use that helps me:

When I use it:

Why it works for me:

Key Pressure Points in my Day

Remember:

- Start small
- Adapt these tools to fit your needs
- Review and revise regularly

For more resources on
resilience, check out the
Wellness Exchange program.



Building My Personal Toolkit

Quick Reset Practices (30 seconds - 2 minutes)

Before meetings: _____

Between clients: _____

After difficult interactions: _____

Stress Signals and Responses

When I notice [stress signal] _____

I will try [response] _____

Support and Sustainability

My Support Network

Go-to colleague: _____

Professional mentor: _____

Other support: _____

Next Steps

One thing I'll start doing this week:

One thing I'll do differently:
