

Working Towards Wellness

Experiential Engagement **FEELING ALL THE FEELS**



I often avoid feelings or situations that cause me stress or discomfort.

I am sometimes aware of feelings that arise during the day, but tend to push back some uncomfortable feelings.

I am open and willing to experience discomfort, anxiety, sadness and other negative emotions during my day.

Feelings I have During the Workday:

What feelings (or situations that bring up certain feelings) am I most likely to avoid?

Actions for Practice

This is my plan for how I will check-in on myself during my day:

This is how I will help remind myself:

Decreasing Rumination

STOPPING THE SPIN



Most evenings and weekends, thoughts of work are causing me distress.

I find myself thinking about work when I'm home only after something especially stressful happens.

I rarely replay work experiences in my mind when I am at home.

When are you likely to be “stuck in the spin”?

Have you acknowledged and allowed your feelings about stressful work events to run their course? (If not, do this 1st!)

Actions for Practice

List at least 3 fully engaging activities you can do to disrupt the spin cycle:

Who are the people you can engage with to get out of your head?

Conscious Narrative

CREATING MY STORY



I don't think what I do matters. I feel overwhelmed and not good at my job. I'm just going through the motions each day.

Sometimes I get lost in the busy-ness of my days, forgetting the value of my work. Sometimes I am overwhelmed or don't feel good at my job.

I find personal meaning in my work. I use stress to motivate me. I reflect on how I am learning and growing.

What goes through your head on your drive to work? Do these thoughts create a sense of dread or give meaning to your day?

Do you tend to view stress as harmful and something to avoid?

Actions for Practice

What is the value and meaning of your job?

What stressor can you reframe as a challenge or opportunity to grow?

What are you better at now than you were 1 year ago?

Reducing Emotional Labor

FINDING JOY



I don't know how much longer I can continue to do this.

I occasionally question if I would be happier doing other work. Sometimes I am just putting on a "happy face".

I feel completely myself when I'm at work. I get much joy from my job.

What are times you feel energized by your job? What about those times is energizing?

What are times you feel drained by your job? What about those times is draining?

Actions for Practice

Identify someone you can practice compassion as skill with. Note how you feel after a guided reflection.

What task or role can you apply intentional learning to, in order to make it less draining?

Parasympathetic Recovery

RESET AND RECOVER



I feel like I'm holding my breath all day until I can get off work and unwind.

I often don't have time for lunch (or even want to pause) and rarely notice how high my stress is.

I have as much recovery time and activities built into my workdays as I do stressors.

Where and what can you put as a visual reminder to pause and reset?

Do you share moments of struggle and joy with your supervisor? If not, can you imagine what that might be like?

Actions for Practice

List 3 brief things you can do during the workday to reset:

Send a text message to a coworker with an idea for midday connection.