



A reflection tool for

**#mentalhealth
#awareness #self
#community**

What small changes, now or
in the future, might still be
possible in this polycrisis?



Some options for using

(or who you might
compare notes
with)

#solo

#team

#cross-team

Folks who
work
together or
do similar
things

Groups
who are
linked



These questions are
just a suggestion –
edit as needed or
use your own!





**Thinking about this week,
rate 1-5 for each of the
following:**

How much has work been
energising / engaging?

What were my overall stress
/ anxiety levels?

How often have I felt a
sense of calm at work?



What were the tasks,
activities or
environments (if any)
which were
energising or
engaging for you?



What were the tasks,
activities or
environments (if any)
which were **stressful**
or made you feel
anxious?



What were the tasks,
activities or
environments (if any)
which gave you a
sense of calm?





To wrap up

Review your answers

Share & compare

What could you do more /
less of?

What could you help others
to change?

