

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?

