

Week reflection

A reflection tool for mental health awareness, for 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 - folks who work together or do similar things
- Cross-team - groups who are linked

The questions here are just a suggestion - edit as needed or use your own!

Rating the week

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?

Energising

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

Stressful

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

Calm

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

Wrap up

- Review your answers
- Share & compare
- What could you do more / less of?
- What could you help others to change?