

Practicing your Practice

Experiential Engagement

Commit to one practice/habit that will increase your awareness and acceptance of your emotional experience during your work.

Decreasing Rumination

What are 3 task positive activities you can do to combat rumination?

- 1.
- 2.
- 3.

Conscious Narrative

What career-sustaining narrative can you tell yourself ...
...on your commute to prepare for your important professional role?

...to accept the intensity and distress that, at times, accompanies your work?

...about why you serve trauma-impacted youth and families?

Reducing Emotional Labor

How do you bring compassion and wholeheartedness into your work?

Parasympathetic Recovery

What are 2 Mindfulness Moment practices you can incorporate into your daily routine?

1.

2.