Wellbeing Reflection Journal

### The Wellbeing Reflection Journal (WRJ) is a comprehensive journal for reflection that will help you think about how to apply the concepts covered in the Wellbeing for Health Professionals to your own setting. Throughout the course, you will record insights from course activities, self-assessments, and reflection questions in this document. By the end of the course, you will find that the WRJ is a permanent record of your journey, of what you learned, and a place for ideas for wellbeing and resources you can use at your organization or setting should you wish to.

### Completion of the WRJ is a course requirement. It makes up 50% of your course grade.

### You will turn in your journal twice during the course:

### February 13: Submit the activities for modules 1-3. Please submit the entire WRJ, leaving the activities for modules 4-9 blank.

### March 27: Submit the entire WRJ.

MODULE 1

In this module, you will be introduced to the “Wellbeing for Health Professionals” course.  you will spend some time identifying and reflecting on the conditions that will be needed for transformational learning, while being aware of the role you will be playing yourself to make this program impactful for you.

**Setting intentions**

1. What are your intentions? What would you like to get out of this program? Why are you here?
2. Reflecting on the concept of ‘soil building’ - what are the conditions that are required to make this course impactful for you?

MODULE 2

In this module, you will be introduced to a conceptual framework and vocabulary for wellbeing. This module explains how wellbeing needs to be a top priority in professional development, positions wellbeing within a growing, evidence-based movement, and offers a more nuanced understanding of terms like “self-care” and “work-life balance”.

**Why wellbeing matters**

1. Take a few minutes to check in with yourself. How would you describe your current inner state of being?
2. How has it influenced the way you show up in life and work?

**Voice from Community of Practice**

1. Take a few minutes to check in with yourself. After hearing from different voices from the field, how do you feel? Is there a voice that resonates with you the most? If so, why?

**Beyond self-care and work-life balance**

1. **Self-care** and **work-life** balance are concepts that you must have come across in your work and life. How do you relate to these concepts? Reflect on what was said in the video and write any thoughts you have on what’s coming up for you.

**What is the cost of burnout?**

1. How does your wellbeing or lack thereof impact the way you lead and the people you work with?
2. How are you participating in promoting work practices that lead toward burnout?
3. If you lead teams, projects, initiatives, or institutions, this is something you want to ask yourself, what am I modelling to the next generation of healthcare professionals?

**What makes a fire burn**

Using the Fire poem, we invite you to reflect on the following questions:

Please spend about 15 to 30 minutes journaling your reflection.  I encourage you to share your thoughts and insights in the discussion groups.

1. What are the “logs” in your life? In your work? These logs can be the activities you do in life and work such as meetings, budgeting, reporting, grocery shopping, cleaning, making bills, and caretaking. Can be your recurring thoughts in your mind as well.  What are the logs in our life?
2. How do you participate in piling on more logs? Sometimes we mindlessly do these activities just because it feels urgent. Or, because it is absolutely needed.  Because it feels like the more the better. How do you participate in piling on more logs?
3. What stops you from removing these logs? Maybe fear of being judged stops you, or fear of upsetting others, or fear of losing opportunities, losing control.  What stops you from removing these logs?
4. What does more space in between logs look like for you?  What’s possible if there’s more space? Some examples could be a quiet morning time without reaching for your cell phone, a nice walk, something that enables you to regain the capacity to perceive the power and beauty of nature, or you may have more clarity of mind, etc.
5. And the last question is: What do you need to tend to your fire? What do you need to grow and sustain your fire?  Perhaps, it’s a quality you need to call forth within you. Or, you need to change something in order to tend to your wellbeing.

MODULE 3

In this module, the focus will be on the Science of Wellbeing. We will look at the intersection of wellbeing, professional work, and leadership as we begin an exploration of the human condition and what shapes our inner world.

**Self-assessment**

In Module 1, you completed a self-assessment for burnout.  This assessment is simply an opportunity to take an honest snapshot of where you are right now--and more importantly, from this place, become more aware of how you might like to shift and change.

A big part of coming into a greater sense of wellbeing in your work is to first notice and then name what is happening. Without those initial steps it can be very difficult to apply solutions that make a significant difference.

Here are some questions that we would like for you to consider:

1. How does it feel to see your result?
2. Are you surprised? Or, perhaps the findings as you expected them to be?
3. Based on what you learned, are you at the risk of burnout?
4. How does the result align with your inner knowing?

**Self-assessment**

1. What are some of the things that you have realized about yourself after completing the self-assessment?
2. What are some of the changes you would like to see in terms of your wellbeing?

**Science of wellbeing**

1. Human beings have been wired for survival, and the amygdala cannot distinguish a real-life threat from a perceived threat, which includes what we consider to be threats to our ego. One can feel a threat to the ego in different ways. What are some ways that you have experienced threats to your ego?
2. How do these ‘perceived’ threats impact how you show up at your work?

**Guided visualization** 

1. Our thoughts, our memories, and our sense of imagination have tremendous power to generate a wide spectrum of inner experiences, even though the source of the sensations and feelings we have just experienced is not present at this moment. So how can this phenomenon and unique human capacity influence your wellbeing?
2. As a result of these exercises, are there any particular memories that you now recognize may be activating your reactivity?

**Becoming conscious of our states of being**

1. Make a list of things that make you go below the line. List as many as you come up with.
2. Choose 2-3 from the list and briefly describe what led you to go below the line. Try your best to describe it as an observation of the situation.
3. Do you see a pattern in the list or how you interpret these situations? If so, what is it? Are you now able to recognize what hooks you?
4. Make a list of things that make you go above the line. List as many as you come up with.
5. Choose 2-3 from the list and briefly describe what led you to go above the line. Try your best to describe it as an observation of the situation.
6. Do you see a pattern in the list or how you interpret these situations? If so, what is it?

MODULE 4

In this module, we will introduce the concept of a wellbeing practice. A wellbeing practice expands one’s capacities and helps to advance personal and professional sustainability. We explore the similarities and differences between wellbeing practice and other approaches to wellbeing (e.g., self-care) and deepen our common language around how to form and advance more healthy relationships with our work.

**Wellbeing practice basics**

Using your ***Wellbeing Reflection Journal***, please answer the following reflection questions.

1. What does having a wellbeing practice mean for you?
2. What are some of the key differences between wellbeing practice and self-care?
3. Are there any activities that you currently do that you feel enhances your wellbeing?

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**Identify unconscious patterns for burnout**

Remember the Fire poem?  It is the space in between the logs that makes the fire grow. Essentially, we are going to reshape the space between the logs in your fire - your life force - so it shines brighter.  By removing some logs, replacing some of them with better ones, placing them differently, before adding anything else.  First, we are going to simply take stock and become aware of them. Sometimes patterns and habits form without us fully knowing or being conscious of their formation. So we are doing this exercise to consciously decide what habits and patterns you want to keep - as some will create obstacles for you, while others may create opportunities for you.  As you take the inventory of how you spend your day or week, take a step back and reflect on why you spend the day the way you have been.  Notice your beliefs or assumptions behind that.

Once you take an inventory of your current patterns, remind yourself of the importance of sustaining and enhancing your own wellbeing while taking care of others. From that perspective, see if there’s anything you can change the way you spend time. What is something that you can cut down, or say no to, so that you can create more spaciousness in your life to dedicate to your wellbeing?   Or, do the same thing but in a more conscious way.  This is a bit like cleaning and clearing the house from time to time, sorting out things, removing the dust, giving away things that no longer serve you, so that you can have a refreshed and more conducive space for newer possibilities.

**Time for wellbeing**

1. Are you able to create spaces in your day where you can completely dedicate yourself to your personal wellbeing?
2. Time just for loved ones, like your family and friends?
3. Or time you dedicate to doing what nourishes you, like your hobbies?
4. Technology free time?

**Start of day routine**

1. When you wake up in the morning, what do you do first?
2. Once you open your eyes, what happens next?
3. Do you appreciate the new day you get to have, and spend some time conditioning your body, or do you grab your phone while in bed and check work email straight away?
4. If the first thing you do involves checking your emails, are you able to just simply check them, or do you start responding to them straight away?
5. Do you treat every inquiry as being urgent? Take time to reflect on when you do your work. And remember, be honest with yourself.

**End of day routine**

1. What is your end-of-day routine like?
2. Are you able to completely shut off from work after the day is over?
3. Do you appreciate the day is over and spend some time taking care of yourself?
4. Do you make time to spend with family, friends or loved ones?

**Food**

1. What is your relationship with food like?
2. Are you taking care of your body by eating fresh and nutritious food?
3. How are you making the choice of what you put in your mouth?
4. Not just what you eat, but how do you eat?
5. Do you take a proper lunch break that doesn’t involve you eating in front of a screen?
6. How does what you put in your mouth affect your overall vitality?

**Restfulness**

1. Is it conducive to you getting a night of restful sleep?
2. Are you watching intense/highly stimulating shows right before going to bed?
3. Is your phone on by the nightstand?
4. Do you check your phone and read work-related things before falling asleep?

**Identify unconscious patterns for burnout** 

1. Looking through the list you created, identify the habits that are creating obstacles and those that are creating opportunities for you.

**Wellbeing practice #1: breath**

1. Breath has incredible healing powers. It is a tool for wellbeing if harnessed appropriately for its full potential. What are some of the things about this natural phenomenon that most resonated with you or surprised you?
2. Pay attention to our breathing throughout this week as much as you can. Pay attention to its quality and pattern. How does it fluctuate? Do you tend to hold your breath in some situations? Journal what you find out and notice about your breathing patterns and your wellbeing.

**Wellbeing practice #1: Nadi Shuddhi**

At the end of the week, once you have practiced your Nadi Shuddhi for a week, take a moment to jot down how you feel after doing the practice consistently.

MODULE 5

In this module, you will have time and space to try out different wellbeing tools. We will introduce three new wellbeing tools. While continuing your daily activity of Nadi Shuddhi, you will also have the opportunity to try out other wellbeing tools to understand better what works for you.

**Wellbeing tool: breath**

1. Did you get to practice Nadi Shuddhi on a regular basis?

* If YES
  + How was it to practice?
  + How often did you practice?
  + Were there any shifts in your wellbeing?
  + What can you do to ensure that you do this practice? How can you make the practice happen easier?

* If NO
  + What prevented you from practicing? Reflect on this with curiosity and without judgment.
  + What changes or shifts can you make so that it is easier for you to do this practice?

**Wellbeing tool: movement**

1. Science offers plenty of evidence that being active bolsters our mental as well as our physical health. Which movement tool did you choose? How was it for you to try one of these movements as a Wellbeing tool?
2. Do you have any physical activity you engage on a regular basis for your wellbeing? If you do, describe what it is and how it benefits your wellbeing. Reflect on how committed you are to continue with it.  If you don’t have any, reflect on what types of movement tools, including the ones we suggested, are you willing to integrate into your life? At this point, just list your ideas. You do not need to commit to them for now.

**Wellbeing tool: connection**

1. Studies show that a sense of connection is one of our fundamental human needs and it impacts our mental and physical health. We are in fact wired for connection to survive. How was it for you to use the power of connection as a Wellbeing tool?
2. Are there any things you are already doing that use the power of connection without you fully being aware of it? If there are, how can you do them more consciously? How might you do them more consistently for your wellbeing? If there aren’t, reflect on how you could integrate the tool of connection in your daily life.

**Wellbeing tool: compassion**

1. Kristin Neff says “self-compassion is a way of emotionally recharging our batteries.  Rather than becoming drained by helping others, self-compassion allows us to fill up our internal reserves, so that we have more to give to those who need us.” How was it for you to use the power of compassion as a Wellbeing tool?
2. In what areas of your life and work can you benefit from practicing self-compassion?

**How to try out a practice**

As you are deciding on which tool to practice for seven days, reflect on the following questions to get some clarity:

1. Which one do you feel more called to do it?
2. Which one can be integrated into your life more easily?
3. Does it work well with your schedule? (While all of them can be done for a short amount of time, pick one that feels most comfortable.)
4. Are you already doing one of the tools? If so, decide whether you want to continue with that one or try a new one.

MODULE 6

In this module, you will be designing your Wellbeing Practice. Now that you have had time to practice one of the tools you chose to be part of your wellbeing practice for seven days, we will spend some time integrating that into your life to make it your own.

**Selecting your own wellbeing practice**

Reflect on the following questions regarding the wellbeing tool you have been practicing. This is so you have better clarity of its impact on your wellbeing. 

1. How do you feel after doing the practice?
2. Do you feel like it is working for you?
3. Has it been relatively easy to integrate it with your life? Or has it been challenging to keep up with it daily?
4. Do you look forward to doing the practices, or do you dread it?
5. Did you feel like you picked the right one to try out? Or do you want to go back and exchange it for another?

**My wellbeing practice**

Now that you have had some time to hear from different people about their practices, how do you feel? Is there a sense of connection you feel towards any other practices? Do you have any further insights into your own practice?

MODULE 7

The focus of this module is on keeping your wellbeing practice going. We will talk about various strategies that will help you not lose sight of what’s important as you pursue your wellbeing practice, especially once things get challenging. Through guided reflection, we will look at understanding internal resistance and obstacles, along with various methods of continuing your practice streaks.

**What is the point of all this?**  

1. Think of a situation at work that you find stressful. Journal three things that make it stressful for you. Then, journal three things that you appreciate about it. Once you journal, reflect on there following:
   1. Where do I place my attention more?
   2. How so?

Do this with kind curiosity, and without any judgment to simply understand the habit of mind. We all have some habits. This exercise is to become familiar with the pattern you have, understand yourself with kindness. It will help you decide where to place your attention consciously.

Tomorrow, commit to paying more attention to your own thinking habit. Throughout the day, become aware of when you are not being present and bring your awareness back to what’s in front of you, or what you want to pay attention to. While you are doing your wellbeing practice, (the breathwork and one more wellbeing tool of your choice), notice when your mind wanders off. Once you notice running commentary of your mind, bring your mind back to the practice. And repeat this again and again.

You’ll write about what you learned from this experience in this week’s discussion board.

**Conversation with Dr.Gautier**

1. What role can courage play for you in continuing your wellbeing practice?

**Continuing the streak**

By creating the conditions for a streak to happen and naming it as such, our relationship to doing the Wellbeing Practice begins to change. It is no longer just a singular act of doing your practice, but it becomes a chain of actions that takes on greater meaning. What are some conditions that you can create for doing your Wellbeing Practice?

**What is the point of all this?**

If you are having challenges in making the practice happen on a regular basis, what are the obstacles? Take about five to ten minutes now to briefly journal about them. You can make a list of obstacles or just simply write about the most potent one and take a closer look at what it really is. Sometimes, internal obstacles appear as external obstacles in disguise, so if you have external obstacles in your list, pay attention to what meanings you are assigning to these circumstances.

**Understanding Resistance**

**Reminding Yourself the Purpose**

Now we’d like you to remember about the fire poem we read together in module 1.  We read the poem to reflect on our wellbeing, and fire being the metaphor of your vitality and life force. You reflected on how your fire had been, what’s possible if your fire was stronger and brighter, and, what do you need to tend to your fire.  We’d like you to revisit your journal and read your reflection as it illustrates your unique purpose.

**Setting Your Wellbeing Intention**

Once you review the journal, write the purpose of your wellbeing practice below.  Why is it important to you.

The purpose of my wellbeing practice is

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**You as Your Wise Compassionate Friend**

If you notice your inner monologue to be self-critical, self-blaming, or self-shaming, bring to your heart an image of a wise and compassionate person you know. The person can be one of your friends, someone who is no longer with you, or someone you’ve never met in real life.  What would this person say to yourself and your wellbeing? How would this person encourage you to keep your practice alive in you?

MODULE 8

 In this module, you will be looking at your practice in relation to the larger world.  We will focus on identifying external obstacles that you face in sustaining  your wellbeing practice and go through ways in which you can overcome these.

**External obstacles and how to overcome them**

**How to Respond to External Obstacles:** what’s stopping you?

What is stopping you from practicing? Is it the long hours at work? Is it the lack of space to sit quietly at work? Is it the irregularity of your daily schedule? The first step is for you to pay attention to yourself and become aware of what’s exactly holding you back. This is the first step

**Recommitting / re-evaluating life choices**

Take some time to reflect on the following questions, remember there are no right or wrong answers.

* Do you care for what you do for your work?
* Does what you do genuinely matter to you?
* Is it simply a job you do for a living?
* If you set aside the disappointments, betrayals, or whatever else you’ve felt when things haven’t gone the way you’ve wished related to your work, do you still truly care about what you do as a healthcare professional?

**Individual Wellbeing to Collective wellbeing**

1. We don't all have equal access to time and resources to care for ourselves adequately. To bridge individual wellbeing to collective wellbeing, we need to recognize this lack of equity and look at wellbeing as a social capacity we need to build, strengthen, and in some ways, revive.  What are some things that you can do to bridge individual wellbeing to collective wellbeing? What resources do you have? What resources do you need?

1. When it comes to building an organizational culture of care, did any of the ideas resonate with you? Are there any ideas that you have that could work well for your work?  How would you go about implementing these ideas?

MODULE 9

***End of program learning***

Looking back at your course experience you’ve had to this point, I want you to reflect on the next questions and write your thoughts in your journal. Please make sure to take enough time doing this as it will help you acknowledge both subtle shifts and obvious changes you’ve made through the course.  This will serve as a solid foundation for your practice to grow further.  So, please reach to your journal now and spend some time reflecting on the next questions:

1. As a result of the course, what has shifted in you? In the way you are, you think, feel and act related to wellbeing?
2. What works for you in enhancing your wellbeing?  Describe the wellbeing tools and wellbeing practices you are committed to continue practicing?
3. What are the greatest learnings you are taking forward?