

What's in your suitcase?



- Being immersed in the traumas of our youth can affect our worldview. It can have an impact on what we believe about the world, ourselves, youth, and others. Like our youth, we too develop an “invisible suitcase” of thoughts and beliefs as a result of our experience.
- In your groups, answer to these together. Write down your answers on a piece of paper. Then we will share with the rest of the group. You may also choose to respond to these questions based upon your observations of co-workers. Sometimes we are better at recognizing changes in others than we are at recognizing them in ourselves.
- Answer these questions:
 - What are the ways you feel your work has had a negative influence on what matters to you in life?
 - What are the ways you feel your work has had a negative influence on the way you see the world?
 - What are the ways you feel your work has had a negative influence on the way you see yourself or the ways others in your life see you?

Suitcase Thoughts



1. What are the ways you feel your work has had a negative influence on what matters to you in life?

2. What are the ways you feel your work has had a negative influence on the way you see the world?

3. What are the ways you feel your work has had a negative influence on the way you see yourself or the ways others in your life see you?

4. What are the ways you feel your work has had a negative influence on the way you others?

The Stress Awareness Tool



We all have periods of time when we feel overwhelmed. Every day we feel some degree of hassle or strain due to minor stressors (e.g. you overslept or are stuck in traffic) or major situations (e.g. job insecurity or illness). Stress can manifest itself in many ways. Think about how you are affected by various stressors and complete the list below.

Ways in which my body reacts to stress:

1. _____
2. _____
3. _____
4. _____
5. _____

Ways in which my personal life is affected by stress:

1. _____
2. _____
3. _____
4. _____
5. _____

Ways in which my professional life is affected by stress:

1. _____
2. _____
3. _____
4. _____
5. _____