

WORK SHEET

Digital General Course in Mental High-risk Psychology

REFLECTION EXERCISE 1

Take a moment to think about examples of violence and threats, traumatic incidents or high emotional demands from your own work life. Write a few notes about it:

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Now, talk with the person next to you or in small groups about which of the high emotional demands are particularly relevant to your work.

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REFLECTION EXERCISE 2

Take a moment to think about your WHY – what is meaningful in your job? Make a few notes about it:

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Now, discuss your WHY with the person next to you or in small groups – what is meaningful in your particular jobs?

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REFLECTION EXERCISE 3

Take a moment to think about which of these aspects you have to pay extra attention to in relation to yourself, your colleagues and maybe your employees. Make a few notes about it:

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Now, talk with the person next to you or in small groups which of these aspects you need to pay extra attention to.

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REFLECTION EXERCISE 4

Take a moment to think about the danger signals you know from yourself or from your team. Make a few notes about it:

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Talk with the person next to you or in small groups about which danger signals you have experienced.

REFLECTION EXERCISE 5

To which side do you tend to fall under pressure? Red or blue? And what can make you red or blue?

Think about what you can personally do in order to return to green after being either red or blue. What can your colleagues do? And what can your manager or leader do to help you get back to green? Make a few notes about it:

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Now, talk with the person next to you or in small groups about your experiences with sometimes becoming over-involved and thin-skinned – while other times being under-involved and thick-skinned. Talk about what might help you get back to green as well.

REFLECTION EXERCISE 6

As human beings, we are all different and thus have different preferences as to which strategies we prefer to use. Additionally, a specific strategy may work well in one context while another is preferable in a different situation.

Take some time to reflect on which strategies you are already using and which of the strategies mentioned you might like to try out. Make a few notes about it:

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Now, talk with the person next to you or in small groups about your experiences with self-help strategies and how you may be able to help each other to become even better at taking care of yourselves.

REFLECTION EXERCISE 7

Let your mind go down memory lane and back through your professional life and think about a situation in which you felt that a colleague truly helped you. What did your colleague do that was of help to you? Make a few notes about it:

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Now, talk with the person next to you or in small groups and discuss your experiences with both receiving and providing collegial support.

REFLECTION EXERCISE 8

What stood out to you the most in this module? Make a few notes about it:

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Now, talk with the person next to you or in small groups about what stood out to each of you the most.

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It might be helpful to use the worksheet as a starting point for drawing up an action plan. This can make it easier to put your new knowledge into practice.

