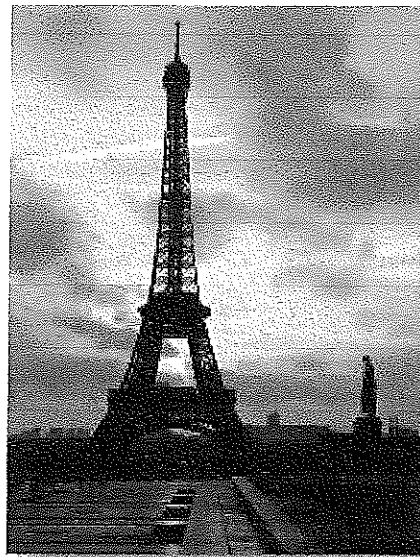
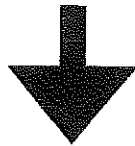
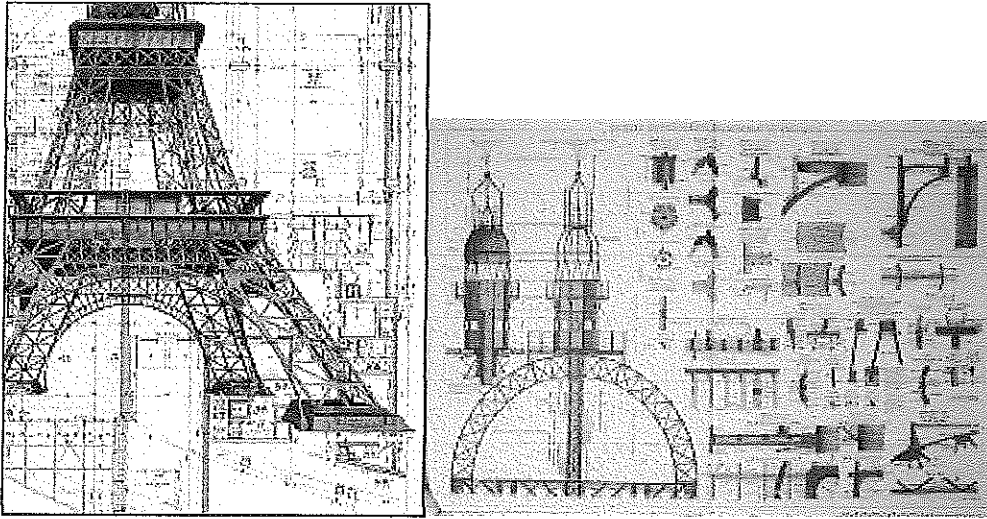


ASSIGNMENT 3

Self-Directed Resilience Plan



Professional Resilience Plan



1. **Self Regulation.** Ability to monitor and regulate your autonomous nervous system, activating only the amount of energy necessary for the task/. Requires brief relaxation of the muscles in the body while remaining fully engaged in activities of life. Releasing tension in core muscles is an excellent method to achieve this but become aware of any tense muscle then release it and you are practicing self-regulation. You cannot experience stress with relaxed muscles. Identify two places in your life in which you know that you are frequently dysregulated and make a commitment to soften your muscles in this context over the next two weeks.

- a. _____
- b. _____

2. **Intentionality.** The ability to follow your mission/covenant and go where you aim yourself. Identify two situations (i.e. "triggers") in your life where you become aware that you are in breach of your integrity and commit to self-regulate when you encounter these situations so that you can become increasingly intentional living with fidelity to your own principles and performing your mission.

- a. _____
- b. _____

3. **Perceptual Maturation.** Your workplace is not the cause of your stress—it is your perception of your workplace and the happenings therein that cause your stress. As you begin to intentionally change the way you see your workplace then your workplace changes. You can significantly lessen the "toxicity" of your workplace by evolving some of your meanings and perceptions. Look back to the exercises on Perceptual Maturation in your manual and decide upon two or three perceptual areas that you will work on for the next two weeks to make your workplace and work a little more satisfying for you

- a. _____
- b. _____
- c. _____
- d. _____

4. **Connection/Support.** You learned in this training that a professional caregiver must develop and maintain a network of support to remain resilient. In addition to social support, which has been demonstrated to be powerful medicine for stress, those care providers who work with suffering and/or traumatized patients and families will need to utilize these support networks to regularly share the narratives of their painful work experiences so that they can lessen the effects of secondary traumatic stress. Identify two to three people that you invite to become part of your professional support network.

- a. _____
- b. _____
- c. _____

5. **Self Care & Revitalization.** What activities “re-fuel” you? What do you need to do between the time you get off work and the time that you come back in the next day to remain positive, grateful and buoyant in your toxic environment? You should identify at least one aerobic activity in which you will engage three times weekly. The remaining activities should be things that replenish and give you a sense of joy, reconnecting you with life, hope, and gratitude. Identify five activities that will help you face each new day with fullness and potency (See Self-Care Assessment)

- a. Aerobic: _____
- b. Physical: _____
- c. Psychological: _____
- d. Emotional/Relational: _____
- e. Spiritual: _____
- f. Professional: _____
- g. Other: _____

That which is to give light



Must endure burning