

Professional Preservation Plan

Boundary:

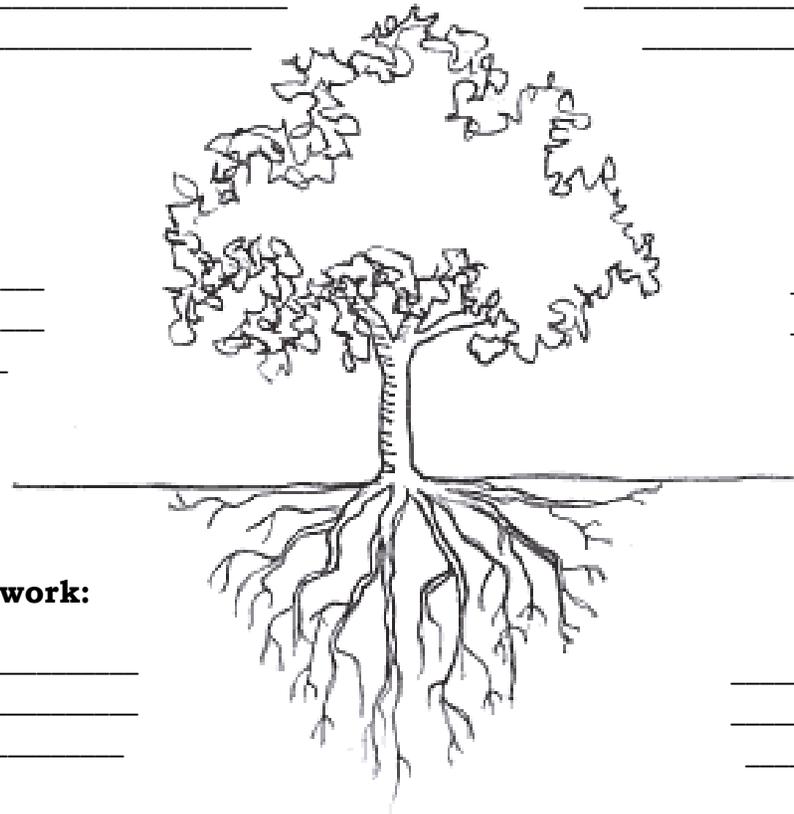
Self-Care Practice:

Trauma Exposure:

Signs of Stress:

Motivation for work:

Rewards of work:



Professional Preservation Plan: Directions for Use

Who Should Use: Anyone engaged in work, paid or volunteer, that seeks to help, care for or advocate for others, particularly if that work involves exposure to trauma and heightened stress.

When to use: This exercise can be done individually or in a group as part of a training, meeting, group supervision, or orientation.

How to Use: In the corresponding hexagon, write your response to the following questions:

- 1. Motivation:** What motivates you to do the work you do?
- 2. Rewards:** What are the rewards of your work?
- 3. Trauma Exposure:** In what ways are you exposed to trauma as part of your work? What aspects of your work lead to or exacerbate your own stress responses?
- 4. Signs of Stress:** What are some signs (physical and/or emotional) that you are stressed?
- 5. Important Boundary:** Do you have a boundary in place that helps protect you from the challenges of your work? It may be a boundary to protect work/life balance, a boundary with clients or patients, or a boundary with co-workers/colleagues? If you can't think of anything you are already doing, is there a boundary you could put in place to help protect your health, sanity, and professional integrity?
- 6. Commitment to a Healthy Practice:** What self-care strategy or positive coping mechanism would you like to begin using or to use more often?

If done in a group, people may volunteer to share, but no one should be compelled to share.