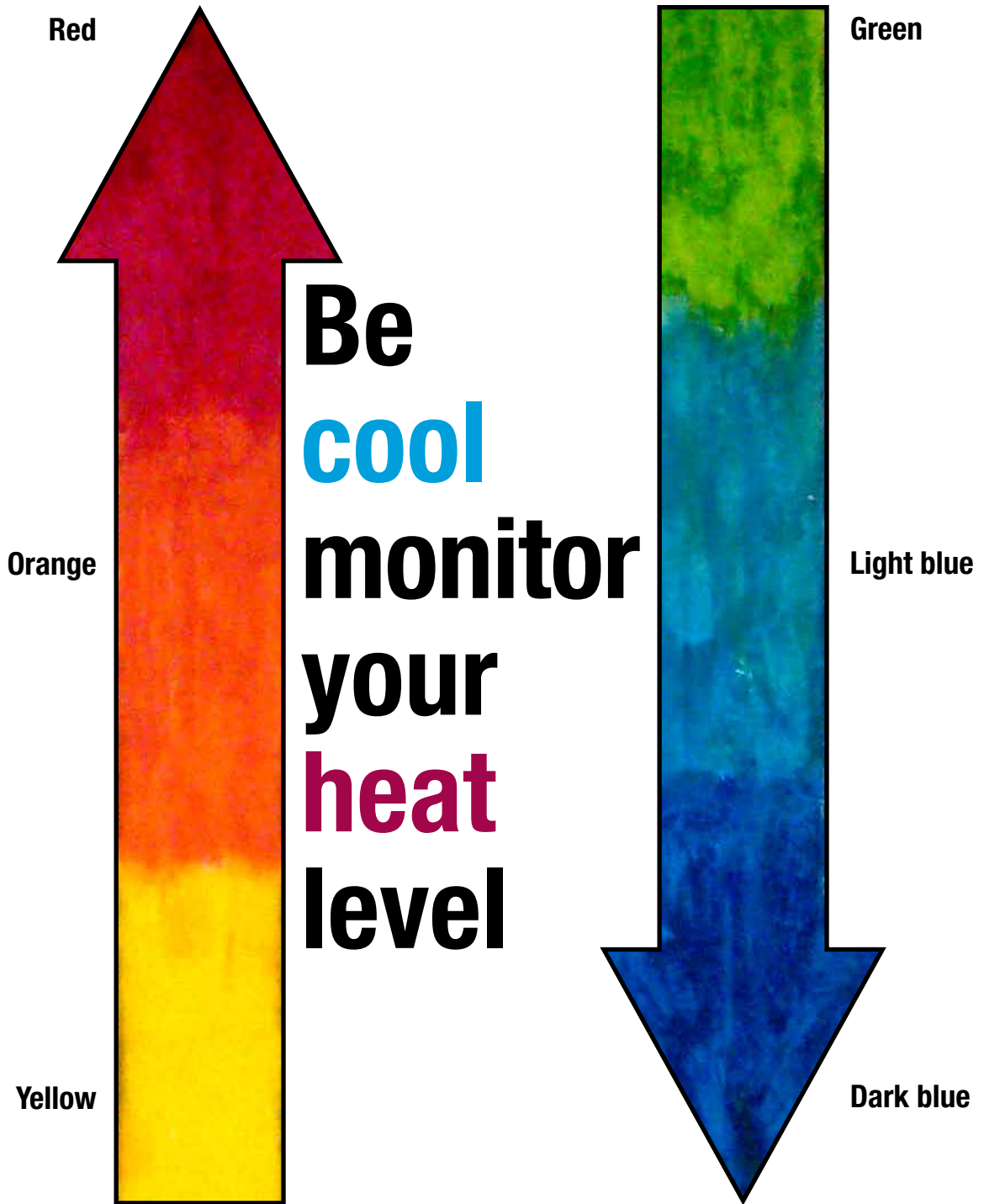


Reactivity Color Zone

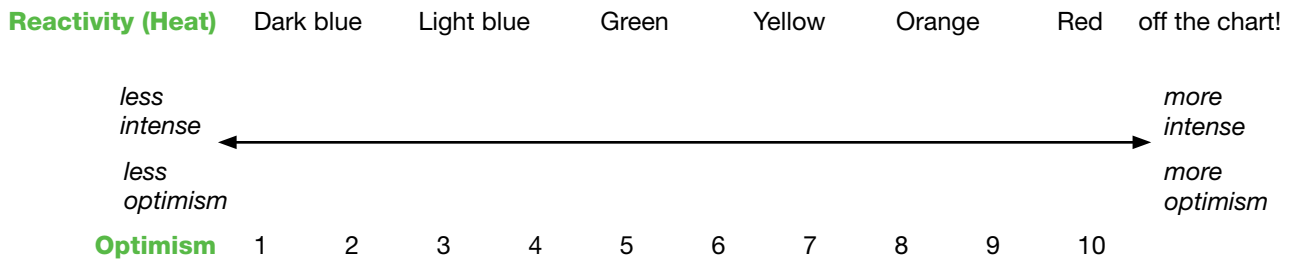


C Characteristics of Reactivity — Level of Heat

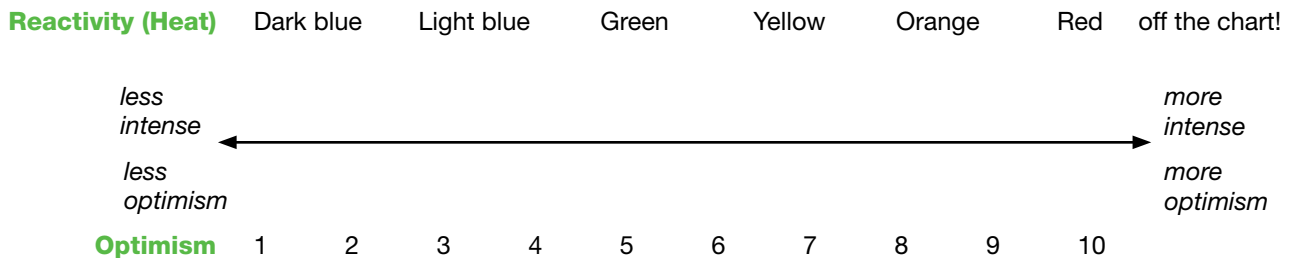
	HIGH	LOW
Body tension/arousal		
Emotions		
Thoughts		
Speaking style		
Facial expressions		
Others		

Reactivity and Optimism in a Staff-Supervisor Interaction

“SUPERVISOR” rating



“CASEWORKER” rating



Optimism — Working the Positive

FOR EACH NEGATIVE STATEMENT WRITE TWO POSITIVE/OPTIMISTIC RESPONSES:

This is all messed up, it's not going to work.

(Example: It will work if I try another way.)

1. _____

2. _____

This is not the way it should be.

1. _____

2. _____

After four hours of trying, this is looking worse and worse.

1. _____

2. _____

None of my clients see what I am trying to do for them.

1. _____

2. _____

You are never able to get anything right.

1. _____

2. _____

Practicing Self-Care in the Workplace

for
ALL

Select one self-care activity to practice in the upcoming week.

for the
INDIVIDUAL

chosen self-care activity:

This is how I felt before practicing it:

This is how I felt after practicing it:

for the
SUPERVISORS

chosen self-care activity:

This is how the unit's members felt before practicing it:

This is how the unit's members felt after practicing it:

for the
MANAGERS

chosen self-care activity:

This is how the managerial area's members felt before practicing it:

This is how the managerial area's members felt after practicing it:

Remembering the Past

How this case impacted my ability to reach out to my co-workers, ask for support and work together as a team:

How this case impacted my ability to recognize things that I/we/others did well:

How this case impacted my feelings of competence:

How this case impacted my “heat” level:

How this case impacted my self-care activities (e.g., take lunch, leave work on time, etc.):

How this case impacted my ability to recognize how it was impacting me:
