









Implementation Tool for Module #4 Compassion Resilience Reflection Sheet

HOW IS MY SELF-CARE?	HEART 	SPIRIT 	MIND 	STRENGTH 
RANK: <i>(circle one in each category)</i>	relationships: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	core values: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	school/work: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	care for body: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>
	emotions: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	rest & play: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	organization: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>	stress resilience: <i>(lo)</i> 1 2 3 4 5 <i>(hi)</i>

REFLECTIONS:

HEART 	relationships:
	emotions:
SPIRIT 	core values:
	rest & play:
MIND 	school/work:
	organization:
STRENGTH 	care for body:
	stress resilience:
notes:	

Adapted from *Compassion Resilience Toolkit for Schools:*

By Wisconsin Department of Public Instruction – School Mental Health Project

Created in collaboration with Sara Daniel, SaintA, and Pam Black, Trauma Sensitive Education, LLC