

Workshops on crisis recovery for the work community

Pre-assignment: Personal well-being assessment (1a)

Reflect on Your Own Well-being

Before the first session, take a moment to review the checklist below. Your answers will not be discussed in the group. You do not need to meet all the criteria listed (left column) to participate in the workshop. If the last two items raise concerns – or if you feel you are not fit to work – please speak with your supervisor or contact occupational health services. You do not need to write down your answers or send them anywhere.

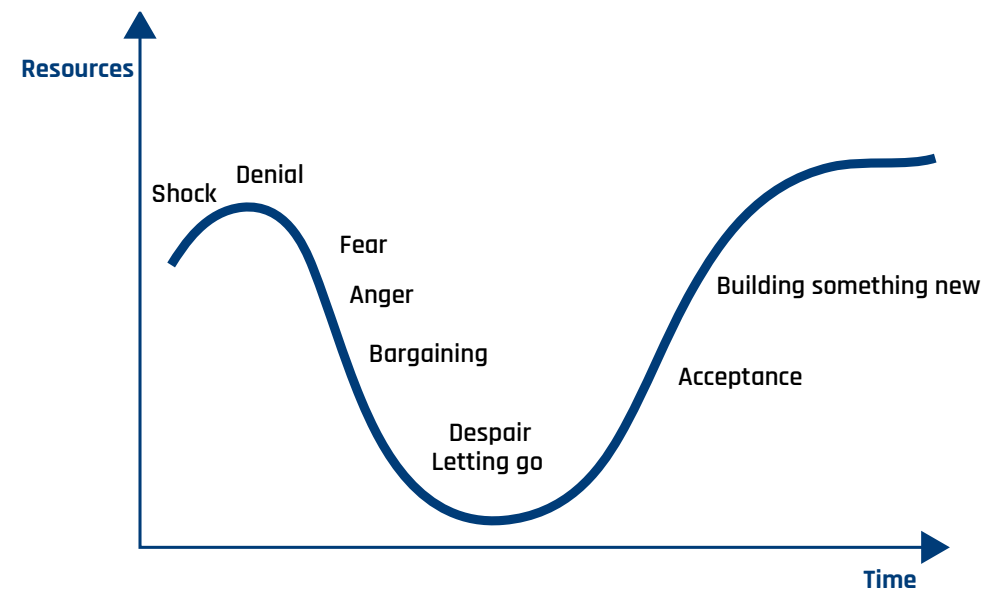
	Yes	No
Are your working conditions in order?		
Do you generally feel well?		
Do you feel like yourself despite what has happened?		
Can you get your mind off work and relax?		
Are you getting enough sleep?		
Do you have someone to talk to about your thoughts?		

	No	Yes
Do the events keep coming back to your mind?		
Are you seriously worried about your coping?		

Reflect on what stage of recovery you are in

Before the workshop, take a moment to consider where you are in your recovery process and the emotions and feelings you have experienced. Remember, everyone responds to difficult situations in their own way. Emotions vary, and people experience them in different ways. Although there is no single, defined path to recovery, but the experiences shown in the figure below are commonly shared.

Emotions during recovery



Source: Kübler-Ross 1969