

# Caring Safely®

Journaling to Foster Growth and Resilience

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## The Power of Writing

- Give language, meaning and structure to your experiences
- Leads to meaning making
- Organize thoughts and ideas
- Reduce stress response
- Leads to deep reflection and personal growth

## Deliberate Rumination on Being a Helping Professional

- Not wallowing or obsessing
- Deliberate rumination on a problem
- Thinking how it impacted you
- What it means for you
- How you can live life going forward given the work you continue to do
- Meaning making and rebuilding our professional selves
- Helps us move from self-criticism to acceptance to self-compassion

## Deliberate Rumination on Being a Helping Professional

- How has your work as a helping professional changed your view of the world and the people in this world?
- What does it mean for you that your worldview has changed? How has it impacted the way you think, your relationship to yourself and your relationship to others?
- Given what you now know about vicarious posttraumatic growth, how do you think you have grown because of your work as a helping professional?
- Why is it important to you to find a way to integrate the work you do, the pain and growth you see, into your life, in a way that you can stay healthy?

## Creating a New Story

- The stories we tell ourselves about who we are and the world we live in are very important.
- Can make us feel stuck or help us move forward in a new way
- Helping causes us to question our story, our world view and identity
- Need the story to make sense of what we are seeing and what happens to us with this change
- Need to move from negative, fear and hopeless to accurate, compassion and hopeful.
- We can look at the stories we tell ourselves about our role as helpers and the systems we are a part of. Sets stage for growth and a better life.

## World View Creating a Personal Statement

- Think about your beliefs around your role as a helping professional from Module Two.
- Think about your life experiences both personally and professionally.
- Think about your spiritual or religious beliefs.
- Think about your education, training, and professional principles.
- Create a fluid statement about how you view the world – this will continually change as you grow.

## World View Creating a Personal Statement

“I believe that all people will experience suffering, ranging from wanting things to be different than they are, to immense and traumatic suffering.

I believe in the inherent worth of all people, animals and the planet.

I believe some people will do great harm and others will do good.

I believe that each day, my role is to do good for people, animals and the planet.”

## Gratitude Journaling

- Gratitude journaling is another way to practice gratitude. You can choose a journal that is dedication to gratitude only or incorporate it into another journal you use.
- You can free write your gratitude, which means to think about what you are grateful for and then write your thoughts as they flow through your mind.
- It will be more powerful if you write out what you are grateful for and why you are grateful for it.

## What Else Promotes Growth

- Clinically: Seeing growth in the people we work with
- Organizational: Clinical Supervision and Peer Support
- Personally: Creativity
- Finding meaning in faith
- Relying on community
- Managing distress
- Opening up to new experiences
- Mindfulness meditation
- Self-compassion
- Awareness of privilege in relation to clients' social location