

# JOURNAL REFLECTION

## End of Week Reflection

At the end of the work week, it is natural to feel tired and depleted, especially when working in healthcare and continually witnessing the struggles of our patients. Part of this exhaustion may stem not only from the work itself but from our own response to the work. Due to our minds' inclination to solve problems and find solutions, it is common to continue thinking about situations long after they have passed, running over and over different scenarios of what we could have said or done to have handled the experience more adeptly. Yet, when there is no obvious answer to the problem, our minds can get stuck, fixating on the event and causing unnecessary mental and emotional stress.

To break this cycle of the mind, it can be helpful to reframe our perspective, shifting from the question *"What went wrong?"* to *"What did I learn?"* By doing this, we are acknowledging that we experienced something stressful. We are not ignoring it. But instead of fixating on the event itself, we are shifting our focus to what we can take away from the experience, what knowledge and wisdom we can use in the future to respond in ways that are more helpful and resourceful. In addition, this opens our awareness to other aspects of our work week, such as what we can be grateful for as well as what we can celebrate. In this process, we begin to move from only seeing what went wrong to the more balanced perspective of also including what went well.

## Journal Prompts

Take a moment to think back over the past work week and journal with the following prompts:

- What did I learn this week?
- What am I grateful for this week?
- What can I celebrate and honor this week?

## End of Week Reflection

What did I learn this week?

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What am I grateful for this week?

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What can I celebrate and honor this week?

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To deepen your reflection, follow your time writing with the Gratitude Meditation audio exercise. This meditation guides you through not only what you can be grateful for this week but how it feels, mentally, physically, and emotionally, to practice being thankful for something simple in your present moment experience.