

ENDINGS

1



Self Care 

ENDINGS

Mind

Body

Heart

Soul

“Some changes look negative on the surface, but you will soon realize that space is being created in your life for something new to emerge.”

Eckhart Tolle

Reflection

Working in high-stress situations contributes to high rates of burnout and turnover. Sometimes we think so much about how this affects others that we forget how it also affects us. How do you feel when a coworker, supervisor, or supervisee leaves?

Action

Identify an upcoming change. In three columns list negative, positive, and neutral aspects of that change.

ENDINGS

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“Everything has to come to an end, sometime.”

L. Frank Baum

Reflection

We lose the young people we work with for a number of reasons: changes in programs or funding, planned or unplanned moves, completion of a project, or the end of a school year. How does it feel to let go?

Action

Divide a paper into four squares. In the top left square write “planned/control” In the top right, write “planned/no control.” In the bottom left write “unplanned/control” and in the bottom right, write “unplanned/no control.” Identify or imagine an ending that fits into each of the squares and something that you could do to bring closure in each situation.

ENDINGS

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Self Care 

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“We come to beginnings only at the end.”

William Bridges

Reflection

How do endings lead to beginnings? How can you see endings and beginnings in your current work?

Action

Make a note of upcoming endings and beginnings in your work. Identify the feelings you associate with each. Think of ways to use those feelings to help with the transitions.

ENDINGS

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“A time for everything: A time to relax and a time to be busy, a time to frolic and a time to labor, a time to receive and a time to give, a time to begin and a time to finish.”

Jonathan Lockwood Huie

Reflection

Every day the work day ends, and yet many of us have a hard time turning work “off.” What’s your experience with this?

Action

List some ways to set boundaries between work and home (physical, verbal, emotional). Discuss strategies with a colleague and identify three ways you can hold yourself accountable for keeping these boundaries.

UNCERTAINTY **5**



Self Care 

UNCERTAINTY

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“It ain’t what you don’t know that gets you into trouble. It’s what you think you know that just ain’t so.”

Mark Twain

Reflection

Feeling competent helps us like our jobs, yet we obviously don’t have all the answers. What are some ways you feel effective? In what ways would you like to grow?

Action

Think of a situation when you wish you had said “I don’t know” or asked for help. Was it worth it to go alone? Would you do it again differently?

UNCERTAINTY 6



Self Care 

UNCERTAINTY

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“Everyone has their own ways of expression. I believe we all have a lot to say, but finding ways to say it is more than half the battle.”

Criss Jami

Reflection

When we meet a new child, teen, or young adult, we often don't know if, or how, to connect. We hope we will be able to help, but sometimes that is out of our control. How do you deal with this ambiguity?

Action

Draw two columns. At the top of one column, write the name of someone you connected with, and in the other, name someone you struggled with. Under each, list the contributing factors. On a scale of one to ten, how much control did you have?

UNCERTAINTY 7



Self Care 

UNCERTAINTY

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“If you want a happy ending, that depends, of course, on where you stop your story.”

Orson Welles

Reflection

Stop to think about situations in which you had some control over a change in a relationship with someone you were trying to help. How did your response differ from situations in which you had no control?

Action

Make two columns on a piece of paper. In one, list things that helped you cope in the face of change. In the other, list things that would've helped when you didn't have control. What are the main differences?

UNCERTAINTY 8



Self Care 

UNCERTAINTY

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“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”

Stephen R. Covey

Reflection

Many of us have full plates—at home and work. How do you prioritize your day-to-day work and your week-to-week work? How do you think about weekends and vacations?

Action

Take a step back and look at your job description as well as your professional goals. Do these match? Do you need to set boundaries or advocate for yourself? Write the first step in your action plan with a date for doing it.

BEGINNINGS

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“Whoever wants to reach a distant goal must take small steps.”

Saul Bellow

Reflection

There are many days when we get in a groove and feel effective in our jobs. This increases our job satisfaction and revitalizes us. How do you know when you're beginning to connect with someone you're trying to help?

Action

Make a list of the small successes you have experienced in your work—connecting through a smile or humor, or helping a young person successfully meet a challenge. Put this list in a safe place and refer to it often.

BEGINNINGS 10



Self Care 

BEGINNINGS

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“Every new beginning comes from some other beginning’s end.”

Seneca the Younger

Reflection

When we look back on relationships that ended well, we often hope or expect that the young person moved toward success. When we think about those that ended badly, it is often with worry that only more bad times followed.

Action

Write a note to someone with whom you had a close connection about what you remember. Would you want to send it? What about a note to someone you didn’t connect with easily?

BEGINNINGS

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“For what you see and hear depends a good deal on where you are standing. It also depends on what sort of person you are.”

C.S. Lewis

Reflection

If we are open, those we are supposed to help also help us see the world differently. What are the benefits of a new perspective? What are some drawbacks?

Action

Write a note to a friend or have a conversation about how your relationship with someone in your care changed your perspective. Is that information you would share with the young person? Why or why not?

BEGINNINGS 12



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“Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

Carl Bard

Reflection

How can you use impasses to initiate a beginning in the middle of a relationship? Is it possible to begin again at the end?

Action

Engagement is necessary throughout the relationship, not just in the beginning. Identify two ways to find beginnings at different stages of relationships.

RENEWAL

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Self Care 

RENEWAL

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“The worst enemy to creativity is self-doubt.”

Sylvia Plath

Reflection

Adults who are supposed to be helping, teaching, or caring for young people can fall prey to the “Imposter’s Syndrome,” fearing that they are going to be exposed as imperfect beings, unworthy of giving direction and advice. Think of people you admire. Can you imagine that they may have felt like imposters?

Action

Write two of your most frequent self-criticisms. On a card, rewrite them as words of encouragement. Remember to use them as reminders when you need to counteract self-doubt.

RENEWAL

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Self Care 

RENEWAL

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“Rest is not idleness, and to lie sometimes on the grass under the trees on a summer’s day, listening to the murmur of water, or watching the clouds float across the sky, is by no means a waste of time.”

John Lubbock

Reflection

Even though we enjoy our jobs, it’s impossible to be creative and present when we are drained. Are you better at your job after a break?

Action

With a friend or coworker identify a ritual you can do at work to create a sense of calm. Identify another that you can practice every weekend. Is there something relaxing that you can treat yourself to once a month?

RENEWAL

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Self Care 

RENEWAL

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“Nothing is as contagious as emotion.”

Carl Jung

Reflection

Think of colleagues, clients, friends, loved ones who lighten your mood. What about those who seem to drain you? What is the difference?

Action

List three things that you could do to protect yourself from the upsetting feelings of others. Did you consider going for a walk, taking deep breaths, listening to music, reading a poem, or talking to a friend who makes you laugh?

RENEWAL

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Self Care 

RENEWAL

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“To improve is to change; to be perfect is to change often.”

Winston Churchill

Reflection

Sometimes we have to hit the reset button at every transition—moving between co-workers and clients, home and work, and work and play. What makes some transitions easier than others?

Action

Write a list of the things that you will leave behind at work. These can be real objects (like paperwork) or abstract ideas (like worries and deadlines). Give the list to someone who can help you remember to focus on being away from work.