A picture containing text

Description automatically generated  
Module:



**stress**

Reflective log questions:

* Think about opportunities you have in your working day to be fully present, listening without judgment and with an open heart for someone.
* How can you offer this? How can you model this for others, so it becomes a pattern of connecting and having meaningful interactions? Remember, it only needs to be 3 minutes of your time but can become a key part of someone’s recovery to a place of tolerance and resilience.

Reflective log:

A picture containing text

Description automatically generated  
Module:



**stress**

Reflective log (continued):