

Personal Wellness and Resilience for Frontline Workers



I Commit!

The I Commit! checklist is part of the Wellness and Resilience e-learning course. During the course, you'll be guided to the activities in the document, which you should complete before continuing with the e-learning course.

As you complete the questions and activities in this checklist you will build up your own Action Plan.

At the end of the e-learning course you can finalise your commitments, detailing how you will actively manage your personal wellness and resilience.

1. Energy Flow: From Boredom to Burnout

Fill in your commitments below to commit to stay in the Green Zone.

My Commitments to Stay in the Green Zone

Actions that I would take:

Things that might get in my way:

What I can do to overcome these things:

I Believe that I Can Keep My Commitment

Now rate how confident you feel about keeping your commitments.

- 1) Not confident.
- 2) Slightly confident.
- 3) Confident
- 4) Very confident.

It is important to maintain your commitment to stay in the Green Zone. Don't be disheartened if it seems difficult at first, changing habits takes time. That's why your commitment and discipline is needed, without that it is difficult to change "old" ways.

2. Tackling Stress and Building Resilience

Preparedness

How can you prepare yourself for your work?

Is there any training or information that you need?

Meaning and Motivation

What drives you and keeps you motivated?

Adaptability and Resourcefulness

How do you solve problems and find solutions?

Who are resource people that you can ask for help when needed?

3. Facing Traumatic Events

What strategies will you implement to deal with traumatic stress and vicarious trauma?

4. Wellness and Resilience During Rest and Recovery

Write a personal commitment in each of the stress management areas to follow when you return home from the field.

Social Support

e.g. I will go back to my evening class and enjoy socialising with my old friends.

Health and Wellbeing

e.g. I will try to get 8 hours of sleep per night.
e.g. I will write my reports when I get home to help reflect on my experiences.
e.g. I will walk the dog twice a day and go for a run 3x a week.

Personal Management:

Preparedness

e.g. I won't rush back to work, I'll enjoy the time off I've been given to spend with friends and family.

Meaning and Motivation

e.g. I will go for coffee with my cousin, we talk very easily and get on well - he gets me.
e.g. I will connect with other field workers I know so we can share experiences.

Adaptability
and
Resourcefulness



Well done! You have now completed the I Commit! survey.

I commit to following these activities and will use this document as my wellness and residence Action Plan!

Enter your signature and the date below.

