

Worksheet: When You're Steady in the Storm

Even if you haven't felt emotionally drained by recent conflicts, taking time to reflect on what's kept you steady is important. This worksheet helps you identify what's working for you right now—and how you can preserve that inner balance in the face of future unrest.

1. What's Been Helping You Stay Grounded During High-Conflict Situations?

Check any that apply or add your own sources of strength:

- ☐ I've learned to emotionally separate myself from the chaos
- ☐ I rely on teammates I trust to process tension together
- ☐ I've established boundaries after shift to protect my peace
- ☐ I remind myself I can't fix the world—but I can be a steady presence
- ☐ I disconnect from media or arguments during off-hours
- ☐ Other: _____

2. How Do You Know When You're Reaching Your Limit?

You might not feel drained now—but it's still important to recognize your early warning signs. What physical, emotional, or behavioral signs tell you you're nearing burnout or detachment?

3. A Colleague I've Noticed Who Might Be Struggling:

Even if you're feeling steady, someone around you might not be. Think of someone who's seemed more quiet, reactive, or withdrawn lately.

Name or initials: _____

What's one small way I can check in or support them?

4. A Routine, Ritual, or Practice I Want to Protect This Month:

These are the things that help you stay regulated—even when things get loud outside. What do you want to keep sacred, even in busy weeks?

5. My Grounding Reminder Moving Forward:

Choose or write a message you can return to when things get overwhelming.

Examples:

"Even in the storm, I can be the calm."

"I won't lose myself in someone else's chaos."

"Just because I'm okay now doesn't mean I don't need care too."

Being steady doesn't mean you're immune to stress. It means you've found ways to hold the line—and that matters. Keep checking in. Keep protecting your peace.