



Work Through It: When Calls Stay With You

Do you ever find that certain calls, images, or moments stay with you longer than you want them to, even after the shift is over?

Sometimes the hardest part is not the call itself – it is how it keeps showing up later. In quiet moments, at home, at night, or when you are just trying to move on with the day. This worksheet is not about diagnosing anything. It is about getting honest with yourself so you can start to carry it differently.

What Feels Most True Right Now

Check everything that applies. You do not need to explain it – just mark what fits.

- Certain calls stick in my mind longer than I want
- I replay parts of scenes after work
- Random reminders bring things back fast
- Some images are hard to shake
- I think about calls when I am trying to relax
- Certain moments hit me later, not during the call
- I feel fine at work but it catches up with me after
- I try to push it down and move on
- I avoid thinking about certain calls
- I feel affected by things I thought I had already handled

How It Shows Up Later

These responses are normal. Naming them is the first step to managing them.

In my thoughts, it shows up as:

In my body, it shows up as:

In my sleep, it shows up as:

In my mood, it shows up as:

Around other people, it shows up as:

What It May Be Costing Me

Be direct with yourself. You do not have to share this with anyone.

This has been affecting my ability to rest by:

This has been affecting my focus by:

This has been affecting my relationships by:

What I miss most is:

What Tends to Stay With Me

Answer as honestly as you can. Short answers are fine.

The kind of call or moment that tends to stick with me is:

What stays with me most is usually:

The time I notice it most is:

The place I notice it most is:

What I Usually Do When It Comes Up

Check what you recognize in yourself.

- Keep busy
- Push it down
- Tell myself to move on
- Distract myself
- Shut down emotionally
- Get quiet
- Get irritable
- Stay on my phone or TV
- Talk to someone
- Exercise or move around

Something else I do:

Put Words to It

The things we do not say out loud can carry the most weight. Try to name them here.

The part I do not say out loud is:

The image or moment I wish I could let go of is:

What makes it hard to let go is:

What I need most when this comes up is:

What Helps Me Carry It Differently

Check what has worked, or what you are willing to try.

- Talking with someone I trust
- Writing it down privately
- Taking a walk or moving my body
- Controlled breathing
- Quiet time alone
- Prayer or reflection
- Music
- Sleep and recovery
- Giving it a name instead of avoiding it
- Reminding myself I do not have to carry it alone

Something else that helps:



My Next Step When Something Stays With Me

You do not need a full plan. Just one step forward is enough.

One thing I can do instead of stuffing it down:

One person I could reach out to if needed:

One sign I need to pay attention to this sooner:

One way I can give myself a little space to process it:

Some things stay with you because they mattered, hit hard, or caught your system off guard. That does not mean you are weak, and it does not mean you are broken. It means your mind and body are still carrying something that may need a little more space, support, or recovery. Recognizing that is not a problem – it is how you start to deal with it on your own terms.