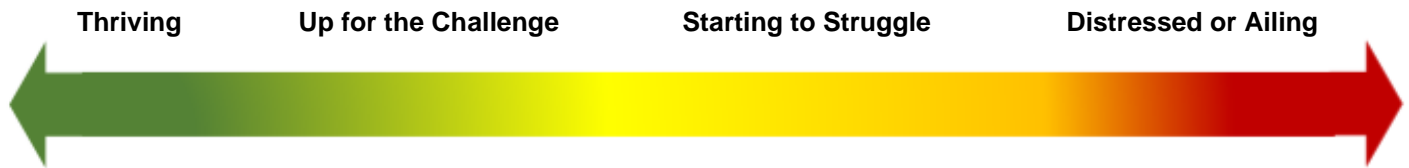




Speed Limits: Slowing Down When I Should¹

How am I doing? How is the team doing?



Self-Reflection Exercise: How have you been in the last 24 hours? How have you been since this operation began?

1. How restful was your sleep?
2. How was your energy level?
3. How effective have you been in taking care of yourself?
4. How effective did you feel in your role?
5. How effective are you at putting sensible limits on yourself and your colleagues?
6. How effectively and respectfully did you speak up about a concern (about yourself or your team)?
7. How constructive and accepting was your mindset when faced with things that you cannot change?
8. Did you feel sufficiently informed to have proceeded each day in an effective, healthy and safe way?
9. How were the working conditions – anything unfavourable or concerning to you? Any concerns about safety should be reported to your immediate supervisor as soon as possible.
10. Do you have a plan you follow each day on how to decompress? Do you have a plan on how you will recover and re-integrate into daily home and work life after this operation?

Monitoring Wellbeing Daily

At the end of the day’s work, check-in with yourself and consider a brief, simple check-in with the team on where everyone is at – are you or them in the green, yellow, orange, or red zone of stress? Use the table below to track how you are doing week by week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

¹Adapted by Ted Bober, MSW RSW, from Hobfoll, et al, 2007, Maunder, et. al, 2010, Nash et al 2011. Moulton, et al 2007, Toronto Police Services, Psychological Services, 2019)