

Good grief, this hurts!

Children's Health Queensland Hospital and Health Service

Reflection Guide



Developed in
collaboration with



Quality of Care
Collaborative Australia
Delivering Excellence in Paediatric Palliative Care



Children's
Hospital Foundation



Queensland
Government

Thank you for being part of
Good grief, this hurts!

We acknowledge that the themes and discussions explored in this webinar may have brought up a range of feelings for you. We invite you to take some time and space to go through this Reflection Guide to help you explore some of these emotions and think about ways you can care for yourself.

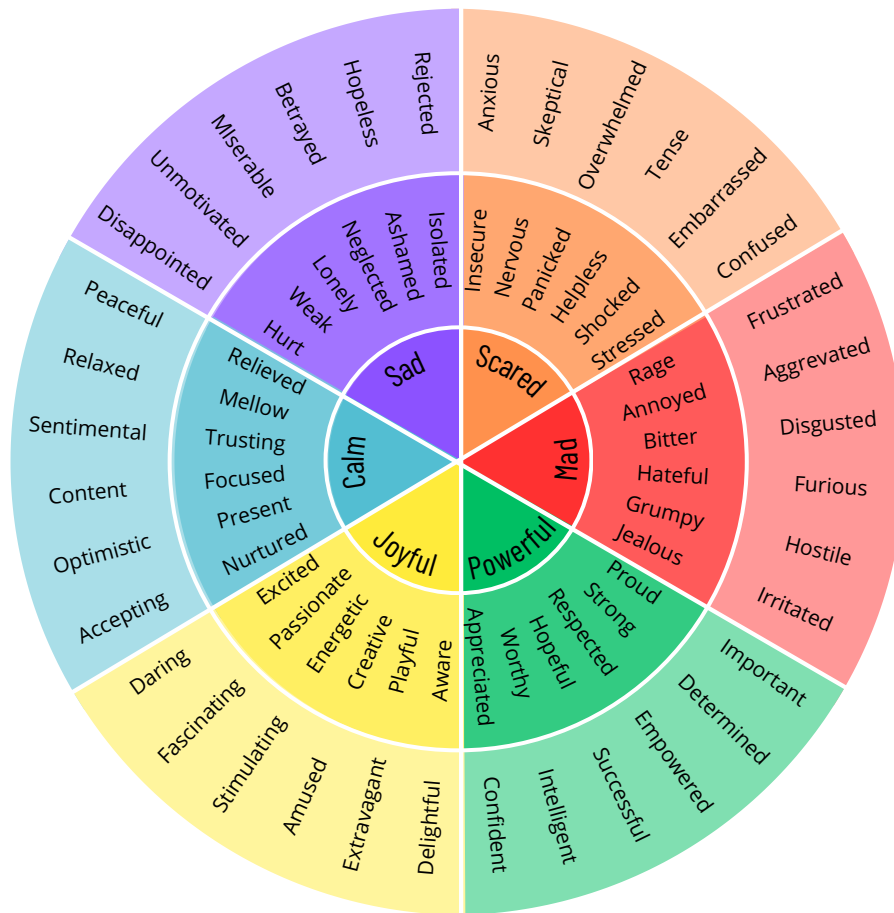
If you need further support, please reach out to a trusted friend, family member or mentor.

Or contact Lifeline on 13 11 14. Help is available.

Good grief, this hurts!

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How are you feeling today?



Use The Feeling Wheel above as inspiration to write down all of the emotions you have felt today. All of your feelings are valid!

Where do you feel those emotions in your body? Get quiet for a moment and tap into what your body is telling you.

Gloria Willcox (1982) The Feeling Wheel, Transactional Analysis Journal, 12:4, 274-276, DOI: 10.1177/036215378201200411

What makes you feel good?

What are your favourite things to do? What lifts your spirits and nurtures your soul? Circle the activities you love and add some of your own to the empty boxes below.



Exercise

Meditation / Prayer



Time in Nature

Creativity

Reading



Sleep



Journalling

Breathwork

Silence
& Reflection

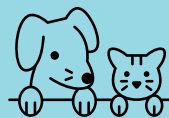
Connecting with
friends and family

Water ~
swimming,
bath or shower



Music & Dance

Playing a fun game



Cuddling a pet

Talking with a
coach or counsellor

Mood Music

Which songs lift your spirits and make you want to get up and dance?



Which songs inspire a good cry and help you release emotion?



Create your Self-Care First Aid Kit



If you needed to shift your energy and tend to your self-care, what are the top five things you could access to help lift your spirits? Put these into your self-care first aid kit so you know what they are and have easy access when you need them most.

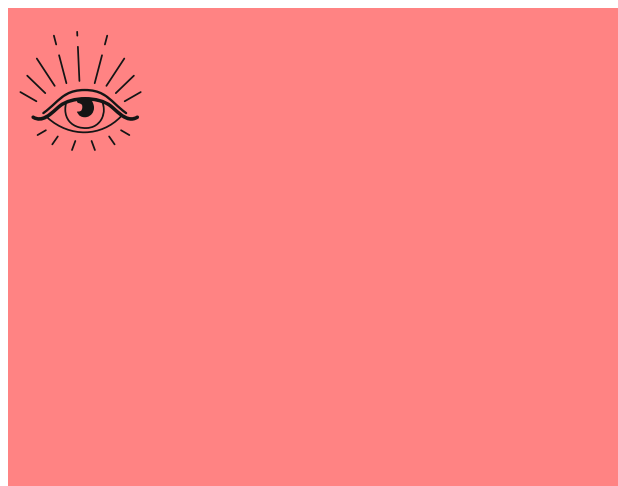
- 1
- 2
- 3
- 4
- 5



Mindfulness

Switch your senses up to a superpower level. Be still and notice what you smell, see, hear, taste and touch. Try to only focus on those things. Allow other thoughts to pass by like clouds.

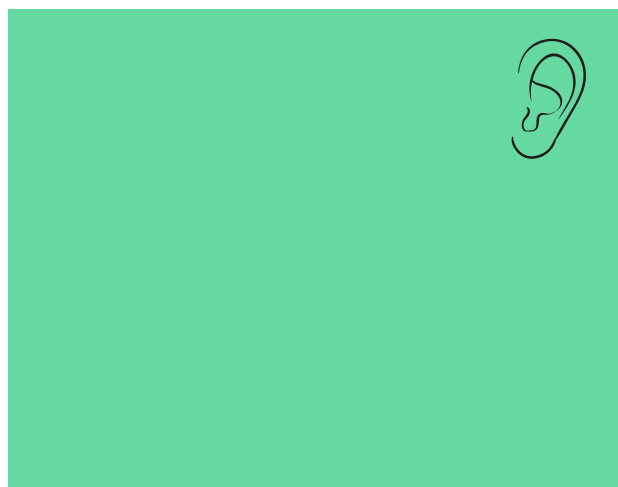
5 things you can SEE



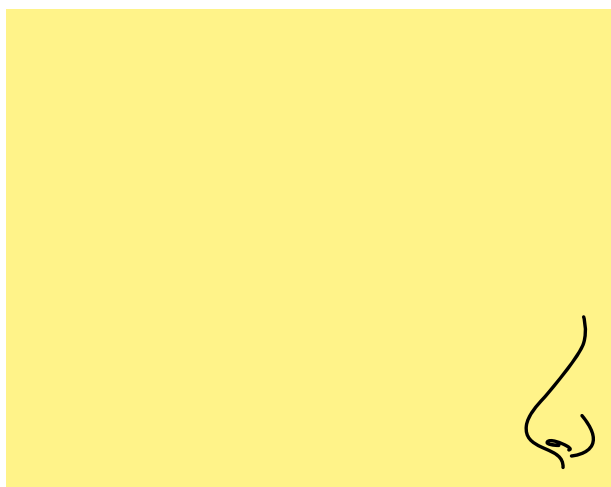
4 things you can TOUCH



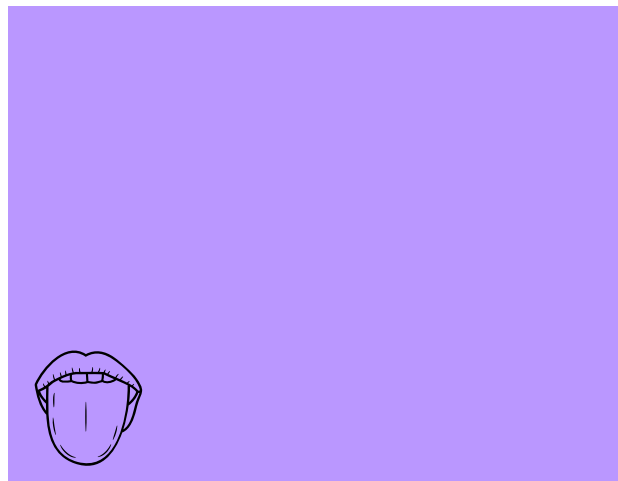
3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE



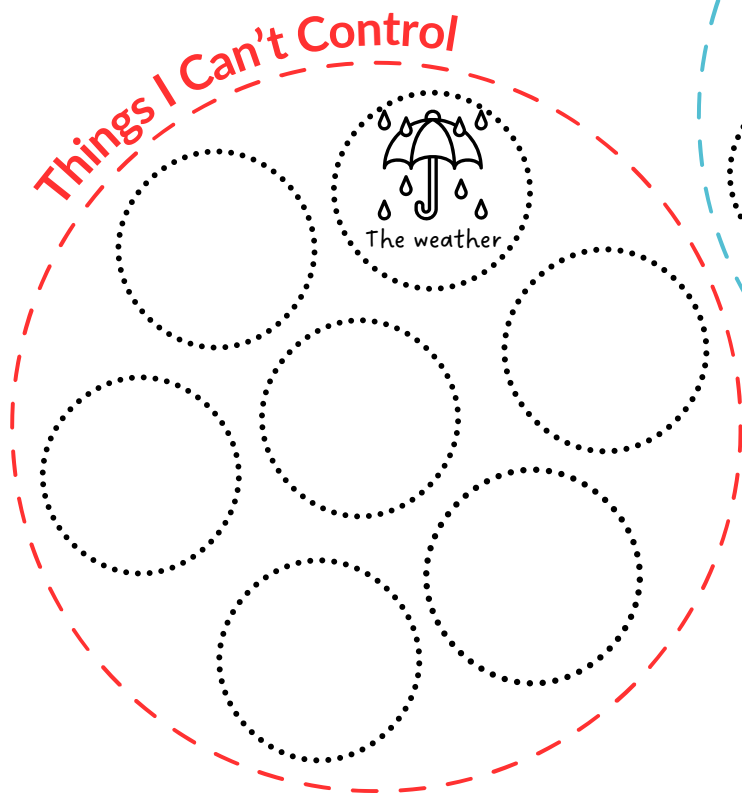
If you were to create a special ritual using items that inspire your senses, what elements would you include?

eg. lighting a special scented candle, making a cup of your favourite herbal tea



Circle of Control

There are some things we can control in life and other things we can't. Think about what things you do have control over and the things you can't control. Draw them in the circles.



Here are some ideas to get you started.
Which circle would you put them in?

- What others think
- What others say
- Being kind
- My own behaviour
- Past mistakes
- Looking after myself
- Who my friends are
- My goals

What are you grateful for?



Even amidst the darkest of times, it is possible to find glimmers of light. Thinking of things we can be grateful for means that we often find even more good things. What are you thankful for in your life today? List five things you are grateful for.

1

2

3

4

5