

## Reflective practice guide

Use these questions after a difficult client session or after a difficult day.

### Sample reflective practice questions



**Am I in a good place?**



**Do I need to use any techniques to self-soothe?**

- **Go for a walk or stretch**
- **Breathe**
- **5 senses activities**
- **Ground**



**Why did I react this way?**



**How did the client respond in the session?**



**What would I do differently/same next time?**



**How does this relate to the rest of my work?**



**Am I taking this thought home with me?**



#### References

1. Evans A. Self-care for psychologists: Lifeline's learnings. InPsych. 2015 [cited 2019 3 October]; 37. Available from: <https://www.psychology.org.au/inpsych/2015/february/evans/>
2. Insight Centre for AOD Training and Workforce Development, editor Cultivating wellbeing: Building individual resilience in AOD workers- Dr Hoiyan Karen Li. Insight workshops; 2020; Brisbane.

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Insight Centre for AOD Training and Workforce Development. Insight's Worker Wellbeing Tipsheets: Additional resources for students and entry-level workers. [cited 2022 21 Feb]. Available from: <https://insight.qld.edu.au/shop/worker-wellbeing-reflective-practice-guide>

