



Self-Guided Wellness Debrief



A supportive pause for healthcare workers during heavy times.



This is an invitation, not an obligation. This trauma-informed debrief may be done alone or with trusted others, at your own pace.



Step 1: Ground First

Before reflecting, try one of the following:

- Place your feet on the floor name 5 things you can see
- Take 3 slow breaths, extending the exhale
- Place a hand on your chest or abdomen and notice warmth



You are safe in this moment.



Step 2: Name What You're Carrying

Write, think, or simply notice:

- What emotions are most present right now? (anger, sadness, fear, exhaustion, numbness, grief, hope, etc.)
- Where do I feel this in my body?
- What has been hardest to witness or hold lately?



My reactions are valid.



Step 3: Normalize the Response

Read slowly:

- My reactions make sense given what I've experienced.
- Feeling overwhelmed does not mean I am weak.
- Moral distress is a natural response to systemic harm.



Support can be people, rest, faith, nature, movement, or silence.



Step 4: Gentle Processing

Choose one prompt:

- What do I wish someone would say to me right now?
- What boundary do I need more of this week?
- What part of me needs care—not fixing?

You may stop at any time.



Step 5: Close the Debrief

- I did the best I could with what I had. *
- I am allowed to rest.
- I will return to this later, if needed.

Place this page down.
Re-center your day gently.



Important Note

This resource is for educational and wellness support only and does not replace professional mental health care, therapy, or crisis services. If you or someone you know is in emotional distress or crisis, support is available.



Call or text **988** to reach the Suicide & Crisis Lifeline (U.S.), or contact local emergency services.

