

***This is a draft version of the workbook
and is subject to further change.
Please do not circulate beyond your
team.***



Compassionate Employers

CHAPTER 3- Worksheet: individual reflection

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Worksheet: individual reflection

Professional grief self-care plan

How we experience professional grief varies from person to person. Certain losses may impact us more than others for a variety of reasons and we can find it challenging to cope with.

When we are struggling, it can be hard to know what helps, who to turn to, or what support is available. By creating a self-care plan, we can identify ways in which we can look after ourselves as we experience and fluctuate in our professional grief.

Important note!

Individual reflection guidance

- You do not need to answer any questions that feel too personal, unsafe or difficult.
- Pause at any point.
- If this content brings up distress, speak to someone you trust and access your organisation's support routes, such as your manager, supervision, occupational health, Employee Assistance Programme, HR, GP or urgent support if needed.

Be kind to yourself. These are some ideas of things you to reflect on. Take your time answering the questions.



Individual reflection: Give examples of what can help in each category.

Connection and support

- Who can I turn to when I am struggling? Who can support me (professionals or loved ones)?

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- Who can I speak to at work? Who can support me in my team/organisation?

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Emotional

- How can I experience and process the feelings I am having? *For example, mindfulness, reflections, self-compassion.*

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- How can I allow myself to move away from the experience of grief and loss? What makes me feel good?

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Physical

- Grief can have a significant physical effect on the body⁸. How can I look after my physical health? *For example, sleeping, eating, drinking water, and movement.*

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Practical

- What situations might I encounter at work that may bring up feelings of professional grief? *(For example, communicating with the bereaved family).* What support is available?

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Headings adapted from South West Yorkshire partnership NHS Foundation Trust¹

References

1. South West Yorkshire Partnership NHS Foundation Trust . My self-care plan: creating a plan that works for you. [online] 2022 Available at:
<https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2022/03/My-self-care-plan-Secondary.pdf>

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