

The Macro Lens

Presents

Educator's Guide to Compassion Fatigue

Companion Printables for Teachers

Created by Joseph Wernau, LMSW
www.themacrolens.com

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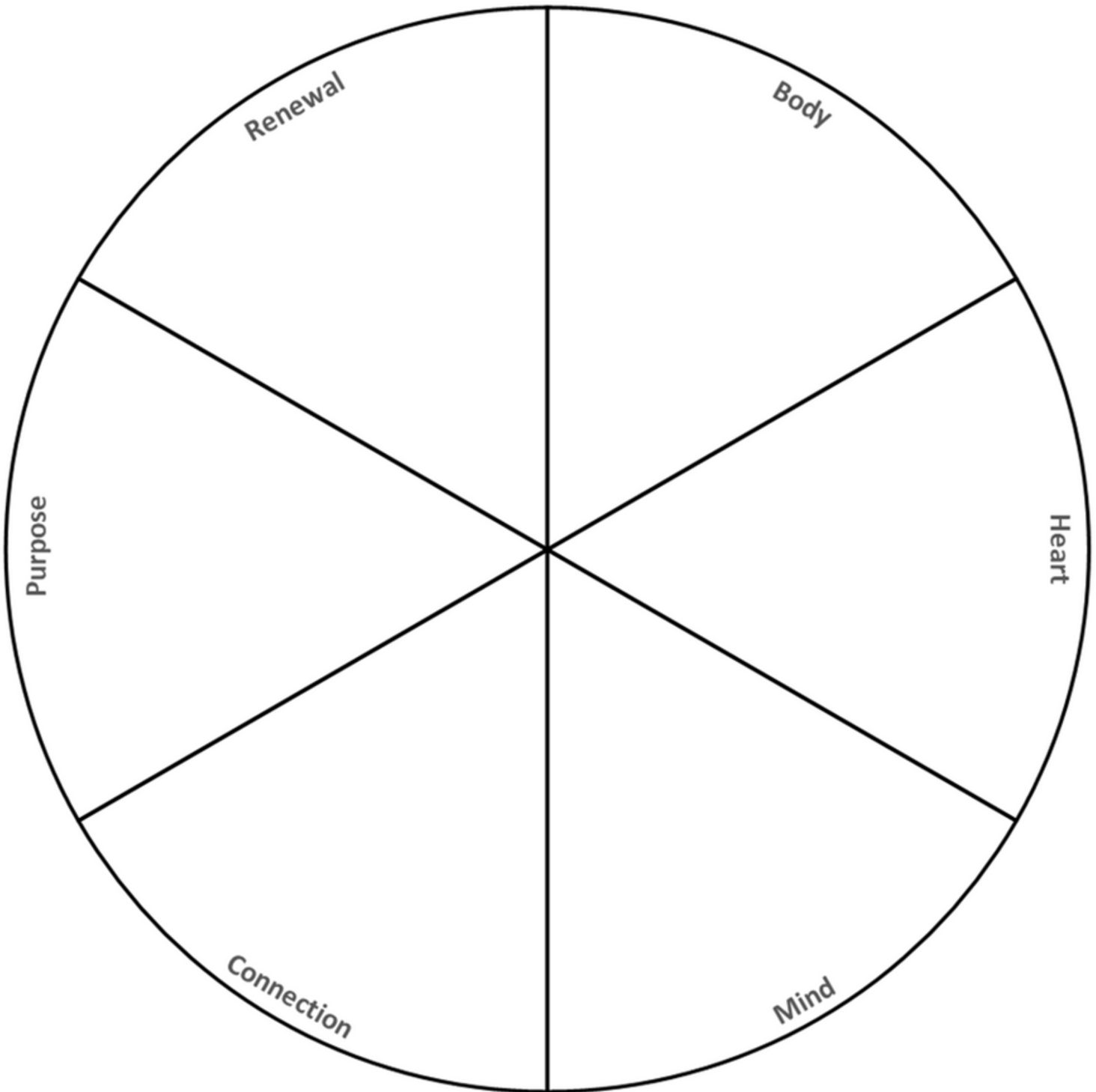
Reflect & Recharge Worksheet

Consider an event in your classroom that had an impact on you, positive or negative. Use the prompts below to process the experience. You may complete this privately or share it with a trusted friend/colleague if you choose.

Stage	Prompts	Response
Facts	What happened? Set judgements and feelings aside for the moment. Just describe the event in as much detail as you can recall.	
Feelings	How did this event make you feel, and why? What did you feel in the moment? What did you feel afterward? What contributed to those emotions?	
Meaning	Evaluate and analyze the event. What was positive or negative about the situation? What might have been going on beneath the surface for you or for your students?	
Conclusions	What personal conclusions can you draw from this event? If something similar happens in the future, what might you do differently or the same?	
Supports	What practices, habits, or personal supports (friends, colleagues, routines) could help me manage similar situations in the future?	

My Circle of Wellness

Instructions: In each section of the wheel, write or draw activities you currently use to support that area of your wellness. Use this page to think about your balance across the six domains.



Weekly Self-Care Checklist

Week of: -----

Each day, check off the activities you complete. Start small, with a few tasks, and build from there. Use the last two rows to create your own wellness activities.

Small Wins	Su	M	Tu	W	Th	F	Sa
Get at least 7-8 hours of sleep							
Eat a nourishing breakfast or pack a healthy lunch							
Drink 8 glasses of water							
Step away from your desk and take a walk							
Pause to take 3 deep breaths before or after class							
Write down one positive moment from today							
Use one positive affirmation before starting the day							
Jam out to your favorite song on the drive to or from school							
Eat lunch with a coworker instead of at your desk							
Send a quick text or message to a loved one							
Share one positive student interaction with someone close							
Leave school within 30 minutes of contract time							
Avoid bringing work home							
Practice gratitude by listing 3 things you're thankful for today							
Do one joyful activity just for yourself							
Read something you enjoy for 20 minutes							
Journal or reflect for 5 minutes after school							
Do something creative (drawing, music, crafts, cooking)							
Spend 15 minutes engaging in a hobby you enjoy							

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Weekly Self-Care Journal


Over the weekend, use the prompts below to help you celebrate the good, process the bad, and set gentle intentions for the week ahead.


 **My Wins (Big or Small)** - What am I proud of this week?

 **Precious Moments** - What moments brought me joy, meaning, or connection?

 **What I Struggled With** - Where did I feel challenged or drained?

 **What Went Well** - Which habits, choices, and experiences supported my well-being?

 **My Plan for Next Week** - What small steps will I take to make next week better?

 **Gratitudes** - What were my top 3 gratitudes for the week?

 **My Affirmation** - What affirmation will I bring with me into next week?

My Self-Care Plan

Taking care of yourself is not selfish, it is essential. Use this page to set small, realistic goals you can commit to this month.

Two Self-Care Goals for This Month

1. _____

2. _____

Daily Reminder

A phrase or affirmation I want to carry with me into my classroom.

Support System

Which friends, family, or colleagues can I lean on when I need help?

Next Steps

What is one small action I can commit to this week to start my self-care journey?
