

Do as I say, Not as I do!

Applying Behavioral Health's Expertise to Support the Workforce
PARTICIPANT WORKSHEET



1. GROUNDING: MEANINGFUL AND STRAINED WORK

Reflect: Think of a recent moment when your work felt meaningful, impactful, and that it mattered...

Reflect: Think of a recent moment when your work felt strained, disconnected, or unsustainable...

2. KEY IDEAS: LISTEN FOR THESE

_____ is the psychological & cultural cycle where professionals equate their personal suffering to their professional commitment.

Stress is very real, but is not only a _____.

The values-reality gap is the distance between our _____ and what daily working conditions make possible.

When many people experience fatigue, detachment, or reduced empathy, this becomes _____.

If _____ is one consequence of unsustainable work, connection cannot be treated as an optional extra.

_____ allows a good practice to continue when the most passionate person is busy, absent, or no longer there.

3. FROM INSIGHT TO INFRASTRUCTURE

1 Notice the experience

2 Look for a pattern

3 Identify the correct level of response

4 Build a repeatable practice

4. WHERE IS THE GAP?

Where does your organization's daily reality make it difficult to practice the values you believe in?

Focus on one specific example:

- 1) What is happening?
- 2) Is this an individual, team, organizational, or system issue?
- 3) What additional information might you need to offer a solution?
- 4) What is one small change that could reduce the gap?

5. CARRY IT FORWARD

One practice I want to make more shared and repeatable:

One person, team, or system partner I want to connect with:

6. NOTES AND IDEAS

Behavioral Health systems are sustained when the people doing the work experience the same dignity, connection, and care that we hope they will offer to others.