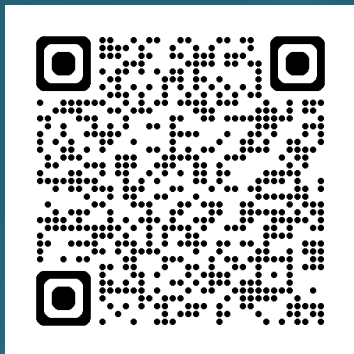


THE WELL THAT FILLS ITSELF STRENGTHENING SELF-CARE

TAPS CONFERENCE 2026



Before we start, try to complete: The ProQOL Measure

<https://www.proqol.org/proqol-measure>



JASON CHAPMAN

Training and Quality Assurance Coordinator, JusticePoint

Jason is a popular speaker at national conferences, he specializes in making behavioral interventions and peer support strategies practical for frontline justice and recovery professionals.

CAN'T SWIM WITHOUT GETTING WET



WHO HAVE I HELPED?

Turn to page 1 of your workbook and answer these questions:

- What were the last three expressions of gratitude you received?
 - Who said these?
 - How did it make you feel?
- What was one positive experience a client or staff member experienced because of my actions?
- What is one positive experience I've had helping a client or staff member?



2

WELL-BEING: STRENGTHENING SELF-CARE

- What do I love about my job?
- Why did I choose this profession?
- Why do I continue to go to work every day?
- Where do I want to lead others?
- What would I like to accomplish in my career?
- What three words would I like others to use to describe me at my retirement dinner?

Turn to page 2 of your workbook and answer these questions:

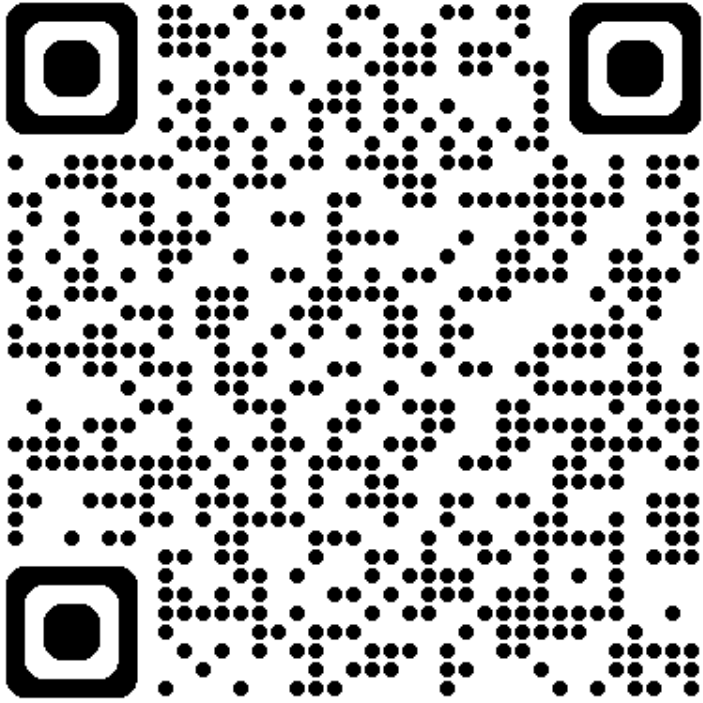
- What do I love about my job?
- Why did I choose this profession?
- Why do I continue to go to work every day?
- Where do I want to lead others?
- What would I like to accomplish in my career?
- What three words would I like others to use to describe me at my retirement dinner?

MY REFLECTION #1



Turn to page 3 of your workbook and choose a reflection.

- **“THREE WORDS” VISUALIZATION**
Write down three of the most positive words others have used to describe you and the work you do. Sketch a visualization of these three qualities.
- **IMPACT SYMBOL**
Draw a simple symbol that represents the impact that you have had on clients and/or staff.
- **SELF-RECOGNITION BADGE**
Design an imaginary badge that you could wear with a phrase and image representing the positive impacts.
- **CAREER HIGHLIGHT REEL**
Imagine a few scenes from your “career highlight reel” and sketch out how that scene might be captured in a biopic about your life and career.

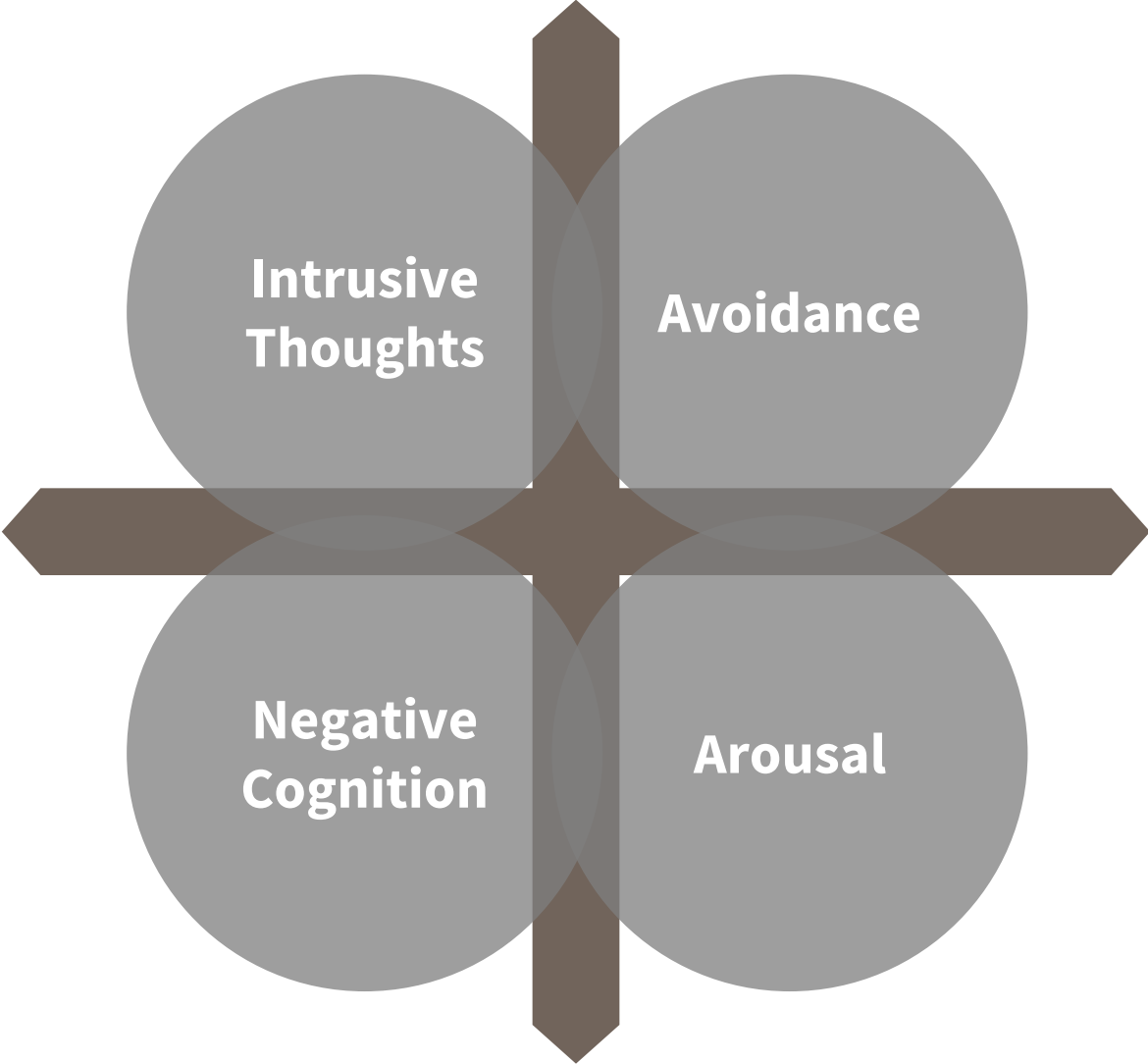


Take a moment to complete the ProQOL measure.

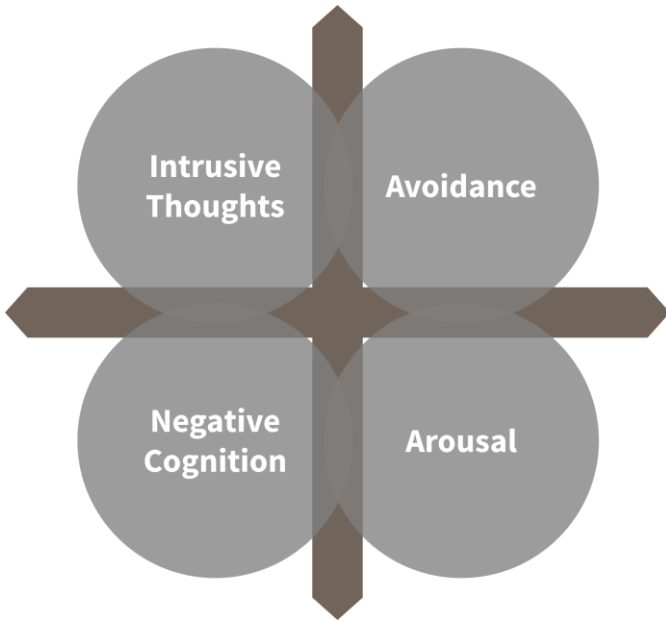
If you have already completed the ProQOL measure you can continue to work on your reflection exercise or try another one.

<https://www.proqol.org/proqol-measure>

VICARIOUS TRAUMA AND BURNOUT SYMPTOMS



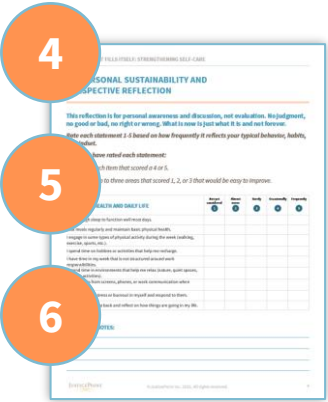
JUST A MOMENT TO REFLECT



Raise your hand if you've ever ignored your stress or symptoms because the work feels too important to pause.

If your results were a message from your body and mind, what would it be saying?

SELF-CARE ASSESSMENT



Turn to page 4 of your workbook and complete pages 4-6.

This reflection is for personal awareness and discussion, not evaluation. No judgment, no good or bad, no right or wrong. What is now is just what it is and not forever.

Rate each statement 1-5 based on how frequently it reflects your typical behavior, habits, or mindset.

Not yet considered 1	Almost never 2	Rarely 3	Occasionally 4	Frequently 5
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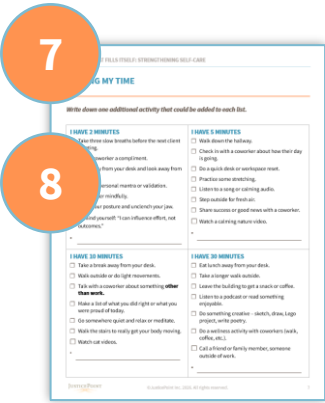
Once you have rated each statement:

- Star each item that scored a 4 or 5*
- Circle up to three areas that scored 1, 2, or 3 that would be easy to improve, give a thumbs up when you are done*

FINDING MY TIME

Turn to page 7 of your workbook and complete pages 7 and 8.

- Write down one additional activity that could be added to each list
- Check the activity you already practice
- Circle the three activities that you would like to add to your daily routine
- Star one activity that you will commit to trying within the next two weeks

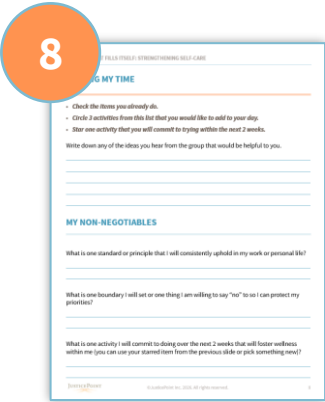


*As a group, we will share our ideas.
You may add others' ideas to your workbook.*

MY NON-NEGOTIABLES

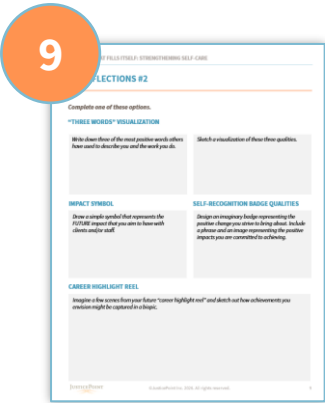
Turn to page 8 of your workbook and answer these questions:

- What is one standard or principle that I will consistently uphold in my work or personal life?
- What is one boundary I will set or one thing I am willing to say “no” to so I can protect my priorities?
- What is one activity I will commit to doing over the next two weeks that will foster wellness within me (you can use your starred item from the previous slide or pick something new)?



MY REFLECTION #2

Turn to page 9 of your workbook and choose a reflection.



- **“THREE WORDS” VISUALIZATION**

Write down three of the most positive words you want others to be able to use to describe you and the work you do. Sketch a visualization of these three qualities.

- **IMPACT SYMBOL**

Draw a simple symbol that represents the future impact that you aim to have with clients and/or staff.

- **SELF-RECOGNITION BADGE**

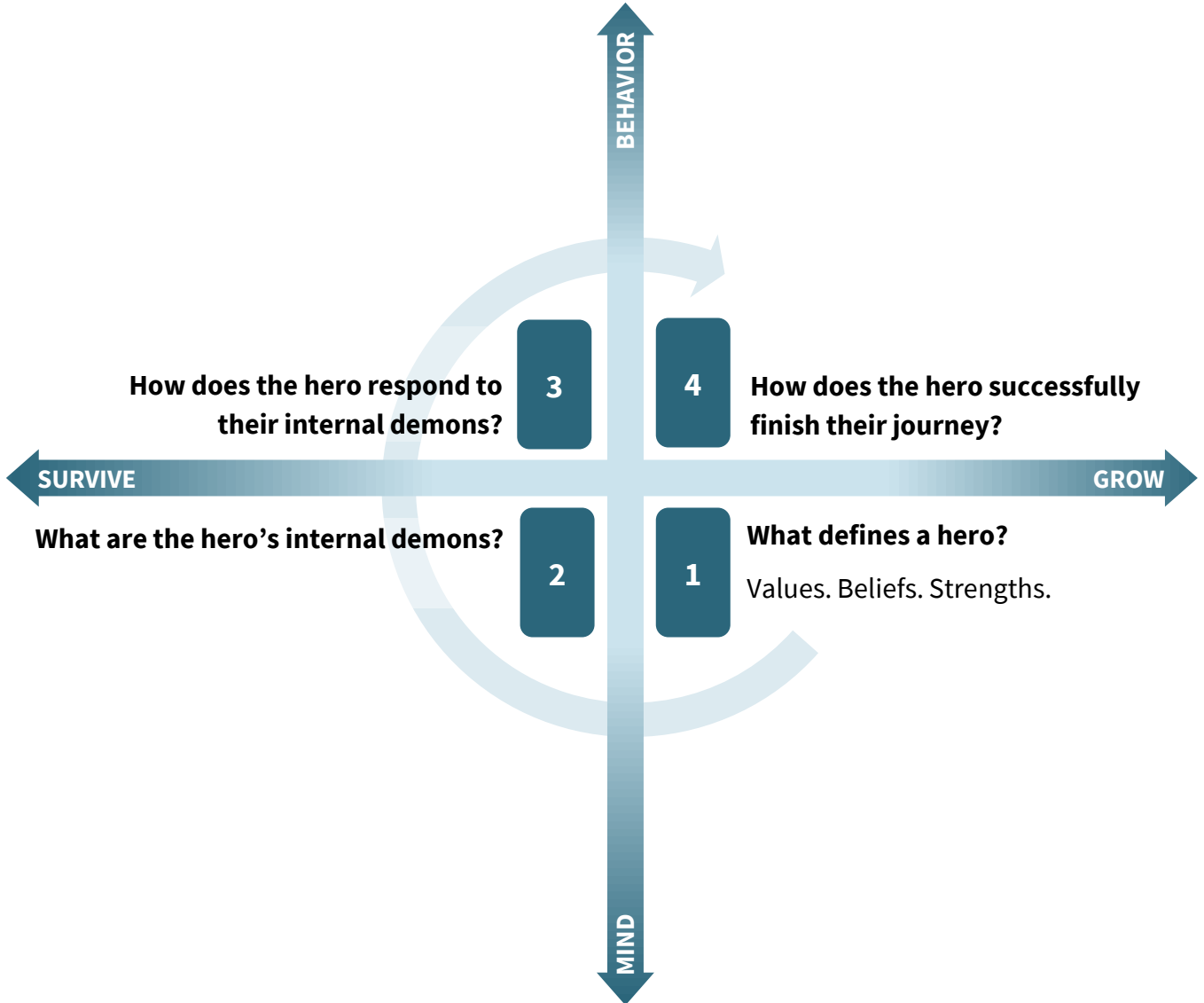
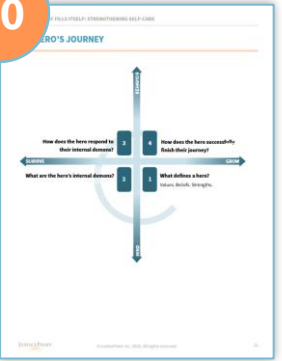
Design an imaginary badge representing the positive change you strive to bring about. Include a phrase and an image representing the positive impacts you are committed to achieving.

- **CAREER HIGHLIGHT REEL**

Imagine a few scenes from your future “career highlight reel” and sketch out how achievements you envision might be captured in a biopic.

THE HERO'S JOURNEY

10



TAPS 2026 The Well That Fills
Itself: Strengthening Self Care



CONTACT INFORMATION

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