

JUSTICE POINT



THE WELL THAT FILLS ITSELF: STRENGTHENING SELF-CARE

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**Before we start, try to complete:
The ProQOL Measure**

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

WHO HAVE I HELPED?

What were the last three expressions of gratitude you received?

Who said these?

How did this feel?

Who said these?

How did this feel?

Who said these?

How did this feel?

What was one positive experience a client or staff member experienced because of my actions?

What is one positive experience I have had helping a client or staff member?

MY WHY

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

Complete one of these reflections.

“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 QUALITIES

Design an imaginary badge that you could wear with a phrase and image representing 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.

SELF-CARE ASSESSMENT

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.

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

| | Not yet considered 1 | Almost never 2 | Rarely 3 | Occasionally 4 | Frequently 5 |
|--|-------------------------|-------------------|-------------|-------------------|-----------------|
| PERSONAL HEALTH AND DAILY LIFE | | | | | |
| I get enough sleep to function well most days. | | | | | |
| I eat meals regularly and maintain basic physical health. | | | | | |
| I engage in some types of physical activity during the week (walking, exercise, sports, etc.). | | | | | |
| I spend time on hobbies or activities that help me recharge. | | | | | |
| I have time in my week that is not structured around work responsibilities. | | | | | |
| I spend time in environments that help me relax (nature, quiet spaces, creative activities). | | | | | |
| I take breaks from screens, phones, or work communication when possible. | | | | | |
| I notice signs of stress or burnout in myself and respond to them. | | | | | |
| I make time to step back and reflect on how things are going in my life. | | | | | |

ADDITIONAL NOTES:

THE WELL THAT FILLS ITSELF: STRENGTHENING SELF-CARE

| SOCIAL AND EMOTIONAL LIFE OUTSIDE OF WORK | Not yet considered 1 | Almost never 2 | Rarely 3 | Occasionally 4 | Frequently 5 |
|--|-------------------------|-------------------|-------------|-------------------|-----------------|
| I maintain relationships with people who are important to me. | | | | | |
| I spend time with others whose company I enjoy. | | | | | |
| I participate in shared activities with friends or family (meals, recreation, events, etc.). | | | | | |
| I talk openly with someone I trust when things feel stressful. | | | | | |
| I make time for humor, play, or activities that help me laugh. | | | | | |
| I feel comfortable asking others for support when I need it. | | | | | |
| I maintain interests and relationships that are not connected to my job. | | | | | |
| I notice and appreciate positive moments in my daily life. | | | | | |
| I maintain a sense of hope or optimism about my own future. | | | | | |

| WORK SUSTAINABILITY AND PROFESSIONAL HABITS | Not yet considered 1 | Almost never 2 | Rarely 3 | Occasionally 4 | Frequently 5 |
|--|-------------------------|-------------------|-------------|-------------------|-----------------|
| I take short breaks during the workday when possible. | | | | | |
| I physically step away from my desk or workspace at times during the day. | | | | | |
| I ask colleagues or supervisors for input when facing difficult cases. | | | | | |
| I set limits so my workload does not become overwhelming. | | | | | |
| I try to organize my workday, so it remains manageable. | | | | | |
| I remind myself that I cannot control every outcome in the justice system. | | | | | |
| I recognize the difference between what is within my influence and what is not. | | | | | |
| I take steps to leave work stress at work when my day ends. | | | | | |
| I engage in training, learning, or reflection that helps me improve my practice. | | | | | |
| I notice when my work feels meaningful or aligned with my values. | | | | | |

ADDITIONAL NOTES:

FINDING MY TIME

Write down one additional activity that could be added to each list.

I HAVE 2 MINUTES

- Take three slow breaths before the next client meeting.
- Give a coworker a compliment.
- Step away from your desk and look away from screens.
- Repeat a personal mantra or validation.
- Drink water mindfully.
- Reset your posture and unclench your jaw.
- Remind yourself: "I can influence effort, not outcomes."

• _____

I HAVE 5 MINUTES

- Walk down the hallway.
- Check in with a coworker about how their day is going.
- Do a quick desk or workspace reset.
- Practice some stretching.
- Listen to a song or calming audio.
- Step outside for fresh air.
- Share success or good news with a coworker.
- Watch a calming nature video.

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I HAVE 10 MINUTES

- Take a break away from your desk.
- Walk outside or do light movements.
- Talk with a coworker about something **other than work**.
- Make a list of what you did right or what you were proud of today.
- Go somewhere quiet and relax or meditate.
- Walk the stairs to really get your body moving.
- Watch cat videos.

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I HAVE 30 MINUTES

- Eat lunch away from your desk.
- Take a longer walk outside.
- Leave the building to get a snack or coffee.
- Listen to a podcast or read something enjoyable.
- Do something creative – sketch, draw, Lego project, write poetry.
- Do a wellness activity with coworkers (walk, coffee, etc.).
- Call a friend or family member, someone outside of work.

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FINDING MY TIME

- *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*

Write down any of the ideas you hear from the group that would be helpful to you.

MY NON-NEGOTIABLES

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

Complete one of these reflections.

“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 FUTURE impact that you aim to have with clients and/or staff.

SELF-RECOGNITION BADGE QUALITIES

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

